

# 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 7/22/26 and subject to change.

## ADHD/Mental Health Evaluations

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

|                                                                      |                                                                                                                                                                  |                                           |                                                                                                                                                                                                                                                                                                   |
|----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Beckloff Pediatric Behavioral Center</b>                          | <a href="http://www.drbeckloff.com">www.drbeckloff.com</a><br>972-250-1700                                                                                       | North Dallas<br>(Preston and Campbell)    | ADHD assessment, autism, anxiety, anger, and social-emotional growth coaching, counseling, and skills groups, and speech-language services. Medicaid not accepted. In-person and virtual available. One Spanish-speaking therapist. Sliding scale considered for counseling, but not for testing. |
| <b>Carrollton Springs</b>                                            | <a href="http://www.carrolltonsprings.com">www.carrolltonsprings.com</a><br>972-2424114                                                                          | Frisco<br>McKinney<br>Carrollton<br>Plano | Partial hospitalization and intensive outpatient programs for ages 11-18 who are actively enrolled in school. 24/7 Comprehensive Assessment scheduling available via telephone. Does not accept Medicaid                                                                                          |
| <b>Charlie Health</b>                                                | <a href="http://www.charliehealth.com">www.charliehealth.com</a><br>986-206-0414                                                                                 | 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. As of August 1, 2025, will include children ages 8 and up.                                                 |
| <b>Child &amp; Family Guidance Center</b>                            | <a href="http://www.childrenandfamilies.org">www.childrenandfamilies.org</a><br>214-351-3490                                                                     | Dallas<br>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                                                                 |
| <b>Dallas Behavioral Health</b>                                      | <a href="http://www.dallasbehavioral.com">www.dallasbehavioral.com</a><br>972-982-0897                                                                           | Desoto                                    | Evaluation services, inpatient psychiatric program for ages 5+, partial hospitalization program, and intensive outpatient program                                                                                                                                                                 |
| <b>Denton MHMR</b>                                                   | <a href="http://www.dentonmhmr.org/services/crisis-services">www.dentonmhmr.org/services/crisis-services</a><br>940-381-5000                                     | Denton County                             | Psychiatric evaluations and case management for children 3-17 with mental health disorders                                                                                                                                                                                                        |
| <b>Lakeside Life Center</b>                                          | <a href="http://Lakeside Life Center">Lakeside Life Center</a><br>972-221-1741                                                                                   | Carrollton                                | Psychiatric evaluation and treatment for depression, anxiety, and addictive disorders                                                                                                                                                                                                             |
| <b>Mesa Springs</b>                                                  | <a href="http://www.mesasprings.com">www.mesasprings.com</a><br>817-292-4600                                                                                     | Fort Worth                                | Psychiatric evaluations, partial hospitalization program, intensive outpatient program for ages 12+                                                                                                                                                                                               |
| <b>Metrocare Skillman Family Mental Health Clinic &amp; Pharmacy</b> | <a href="http://Metrocare Skillman Family Mental Health Clinic &amp; Pharmacy">Metrocare Skillman Family Mental Health Clinic &amp; Pharmacy</a><br>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.                                                                                                                                               |
| <b>Metrocare Westside Family Center</b>                              | <a href="http://www.metrocareservices.org">www.metrocareservices.org</a><br>214-743-1200<br>After Hours Crisis: 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                                                                                                                                          |
| <b>Millwood Hospital</b>                                             | <a href="http://www.millwoodhospital.com">www.millwoodhospital.com</a><br>817-765-6007                                                                           | Arlington                                 | Psychiatric evaluations, inpatient and outpatient programs for behavioral health disorders age 5+, walk-ins accepted. Most major Insurance accepted, including Medicaid and CHI. Payment plans.                                                                                                   |
| <b>Perimeter Behavioral Hospital</b>                                 | <a href="http://www.perimeterhealthcare.com">www.perimeterhealthcare.com</a><br>972-370-5518                                                                     | Dallas and Arlington                      | Psychiatric evaluations and inpatient psychiatric programs for children and adolescents ages 6-18                                                                                                                                                                                                 |
| <b>UBH Denton</b>                                                    | <a href="http://www.ubhdenton.com">www.ubhdenton.com</a><br>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

|                          |                                                                                    |                           |                                                                                          |
|--------------------------|------------------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------|
| <b>Job Corps</b>         | <a href="http://www.jobcorps.gov">www.jobcorps.gov</a><br>800-733-5627             | Nationwide                | Free, residential career training and education program for low-income adults ages 16-24 |
| <b>Texas CAN Academy</b> | <a href="http://www.texanscan.org">www.texanscan.org</a><br>972-243-2178           | Carrollton/Farmers-Branch | Education services for individuals who have dropped out of school ages 14-21             |
| <b>Winfree Academy</b>   | <a href="http://www.winfreeacademy.com">www.winfreeacademy.com</a><br>214-222-2200 | Lewisville                | Tuition free, public school serving learners ages 14-26                                  |

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### Clothing & Food

|                                                   |                                                                                                                                                         |                                                   |                                                                                                           |
|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Christian Community Action</b>                 | <a href="http://www.ccahelps.org">www.ccahelps.org</a><br>972-221-1224                                                                                  | Lewisville (I-35 and Mill St)                     | Food pantry and emergency financial assistance                                                            |
| <b>Family Promise of Irving</b>                   | <a href="http://www.familypromiseirving.org">www.familypromiseirving.org</a><br>972-313-1500                                                            | Irving (McArthur and Irving Blvd)                 | Provides prevention services for homelessness                                                             |
| <b>Friendship House</b>                           | <a href="#">The Friendship House</a><br>972-512-3838                                                                                                    | 3733 N. Josey Ln, Ste 103<br>Carrollton, TX       | Food and financial assistance                                                                             |
| <b>Heart of the City</b>                          | <a href="https://heartofthecitylewisville.com/i-need-help-1">https://heartofthecitylewisville.com/i-need-help-1</a><br>972-492-2432                     | Lewisville and Carrollton                         | Clothing and food assistance                                                                              |
| <b>Holy Covenant (Iglesia)</b>                    | <a href="https://www.hcumc.org/service/feeding-ministries/food-pantry">https://www.hcumc.org/service/feeding-ministries/food-pantry</a><br>972-492-2432 | 1901 E. Peters Colony<br>Carrollton, TX 75007     | Clothing and food assistance                                                                              |
| <b>Homeless Coalition of Dallas</b>               | 972-685-6277                                                                                                                                            | 1039 N I-35, Ste 309<br>Carrollton, TX 75006      | Clothing and food assistance for homeless                                                                 |
| <b>Interfaith Family Services</b>                 | <a href="https://interfaithdallas.org/">https://interfaithdallas.org/</a><br>214-827-7220                                                               | 1651 Matilda Street<br>Dallas, TX 75206           | Help with housing, rent assistance, and job training                                                      |
| <b>Irving Cares</b>                               | <a href="http://www.irvingcares.org">www.irvingcares.org</a><br>972-721-9181                                                                            | 440 South Nursery Rd, Ste 101<br>Irving, TX 75060 | Help with food, rent, utilities, prescriptions, education, referrals and job-seeking for Irving residents |
| <b>Jewish Family Services</b>                     | <a href="#">Jewish Family Service of Greater Dallas</a><br>972-437-9950                                                                                 | 5402 Arapaho Road<br>Dallas, TX 75248             | Counseling, emergency food, career and financial coaching (not only for those who identify as Jewish)     |
| <b>Lasagna Love</b>                               | <a href="https://lasagnalove.org/request/">https://lasagnalove.org/request/</a>                                                                         | Nationwide                                        | Will provide a free dinner (lasagna) to a family per month. Delivered to the home                         |
| <b>Metrocrest</b>                                 | <a href="#">Metrocrest Services</a><br>972-446-2100                                                                                                     | 1145 N Josey Ln<br>Carrollton, TX 75006           | Emergency financial assistance, food pantry, holiday toys and food, and financial coaching                |
| <b>Salvation Army - Emergency Family Services</b> | <a href="#">The Salvation Army of North Texas</a><br>214-424-7050                                                                                       | North Texas                                       | Provides up to one-month housing/utility payment and 3-day family food bag                                |
| <b>Salvation Army - Irving</b>                    | <a href="#">Irving - The Salvation Army of North Texas</a><br>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.

|                                                        |                                                                                                                                                      |                       |                                                                                                                                                                                                 |
|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>211 Texas</b>                                       | <a href="#">211 Texas</a><br>Call 211                                                                                                                | Statewide<br>in Texas | 24/7 Help with basic needs like food, housing, child care, or emergency services                                                                                                                |
| <b>ADAPT USA Mobile Crisis- Texas</b>                  | 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                    |
| <b>Crisis Text Line</b>                                | <a href="http://www.crisistextline.org">www.crisistextline.org</a><br>Text HOME to 741741                                                            | Nation<br>wide        | Free 24/7 support from a crisis counselor via text message                                                                                                                                      |
| <b>Dallas Area Rape and Crisis Center</b>              | <a href="#">Dallas Area Rape Crisis Center</a><br>972-641-7273                                                                                       | Dallas<br>County      | Offers medical advocacy, legal advocacy, case management, individual, and group counseling to people affected by sexual violence free of charge                                                 |
| <b>Denton County Mobile Crisis</b>                     | <a href="https://www.dentonmhmr.org/services/crisis-services">https://www.dentonmhmr.org/services/crisis-services</a><br>1-800-762-0157 Hotline 24/7 | Denton<br>County      | Aimed at helping individuals resolve immediate mental health crises. It offers telephone and face-to-face services and connections to resources                                                 |
| <b>Friends of the Family</b>                           | <a href="http://www.dcf.org">www.dcf.org</a><br>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                  |
| <b>Homeless Crisis Helpline</b>                        | 1-888-411-6802 option 3                                                                                                                              |                       | 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                                |
| <b>National Domestic Violence Hotline</b>              | <a href="http://www.thehotline.org">www.thehotline.org</a><br>800-799-SAFE (7233)<br>Text START to 88788                                             | Nation<br>wide        | 24/7 hotline for survivors of domestic violence, concerned friends/family members, or abusive partners seeking change                                                                           |
| <b>National Human Trafficking Resource Center</b>      | <a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a><br>888-373-7888<br>Text 233733                                  | Nation<br>wide        | 24/7 hotline for survivors of human trafficking or concerned friends/family                                                                                                                     |
| <b>National Suicide Prevention Lifeline</b>            | <a href="https://988lifeline.org/">https://988lifeline.org/</a><br>1-800-273-TALK or 988<br>Available 24/7                                           | Nation<br>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."                                                    |
| <b>North Texas Behavioral Health Authority (NTBHA)</b> | 866-260-8000                                                                                                                                         | Dallas<br>County      | Free 24/7 Crisis Hotline                                                                                                                                                                        |
| <b>Rape, Abuse, Incest National Network</b>            | <a href="http://www.RAINN.org">www.RAINN.org</a><br>800-656-HOPE (4673)<br>Text HOPE to 64673                                                        | Nation<br>wide        | Free 24/7 support hotline for survivors of sexual assault                                                                                                                                       |
| <b>Substance Abuse/Mental Health National Helpline</b> | <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a><br>800-662-HELP (4357)           | Nation<br>wide        | 24/7 hotline for treatment referral and information services for individuals or families facing mental and/or substance use disorders                                                           |
| <b>Suicide and Crisis Center of North Texas</b>        | <a href="http://www.sccenter.org">www.sccenter.org</a><br>214-828-1000<br>Text CONNECT to 741741                                                     | North<br>Texas        | 24/7 Suicide and Crisis hotline                                                                                                                                                                 |
| <b>Trevor Lifeline</b>                                 | <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a><br>Text 'START' to 678-678<br>Call 1-866-488-7386                             | Nation<br>wide        | Call/Text 24/7<br>Crisis support for LGBTQ youth                                                                                                                                                |
| <b>Turning Point Rape Crisis</b>                       | <a href="http://www.the turningpoint.org">www.the turningpoint.org</a><br>1-800-886-7273 24/7                                                        | Plano and<br>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. |

# Community Resource Referrals

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## Drug Counseling & Residential Treatment

Treatment and counseling vary according to individual needs.

|                                                                                                     |                                                                                                                                                                                                                                                                                                                                           |                                        |                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Cedar Crest Hospital</b>                                                                         | <a href="http://www.cedarcresthospital.com">www.cedarcresthospital.com</a><br>833-613-0875 press 1                                                                                                                                                                                                                                        | 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.                           |
| <b>Charlie Health</b>                                                                               | <a href="http://www.charliehealth.com">www.charliehealth.com</a><br>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. As of August 1, 2025, will include children ages 8 and up. |
| <b>Children's Health: Teen Recovery Program</b>                                                     | <a href="https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology/conditions-and-programs/teen-recovery-program">https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology/conditions-and-programs/teen-recovery-program</a><br>214-456-7200 | Dallas (35E and Mockingbird)           | Serves ages 13-17. Outpatient program. CHIP and Medicaid accepted.                                                                                                                                                                                |
| <b>Clearfork Academy</b>                                                                            | <a href="http://www.clearforkacademy.com">www.clearforkacademy.com</a>                                                                                                                                                                                                                                                                    | Boys-Fort Worth<br>Girls-Cleburne      | Residential Treatment Center for teens ages 13-17 offering detox, residential, and outpatient care.                                                                                                                                               |
| <b>Dallas Behavioral Healthcare Hospital</b>                                                        | <a href="#">Children &amp; Adolescent Services   Dallas Behavioral</a><br>972-982-0897                                                                                                                                                                                                                                                    | Desoto (I-20 and 67)                   | Inpatient and Outpatient services. Serves ages 5-17. Accepts most major insurances.                                                                                                                                                               |
| <b>Grace Counseling</b>                                                                             | <a href="http://www.grace-counseling.com">www.grace-counseling.com</a><br>844-564-0736                                                                                                                                                                                                                                                    | Fort Worth and Lewisville              | Outpatient mental health and substance use treatment program. Offers drug testing. Spanish speaking counselor available.                                                                                                                          |
| <b>IPS Recovery</b>                                                                                 | <a href="http://www.ipsrecovery.com">www.ipsrecovery.com</a><br>214-331-1200                                                                                                                                                                                                                                                              | Dallas                                 | 18+ intensive outpatient program. Weekly sessions conducted via zoom. Accepts all insurances.                                                                                                                                                     |
| <b>Medical City Mental Health &amp; Wellness Center - Frisco (formerly Haven Behavioral Health)</b> | <a href="https://www.medicalcityhealthcare.com/locations/medical-city-mental-and-health-and-wellness-center-frisco">https://www.medicalcityhealthcare.com/locations/medical-city-mental-and-health-and-wellness-center-frisco</a><br>469-535-8000                                                                                         | Frisco Square                          | Adolescent 12+, PHP, IOP, Medication management. Takes all insurances including Medicaid.                                                                                                                                                         |
| <b>Metrocare Westside Family Center</b>                                                             | <a href="http://www.metrocareservices.org">www.metrocareservices.org</a><br>972-861-5611                                                                                                                                                                                                                                                  | 4701 Samuell Blvd, Dallas, Texas 75228 | Multiple services for substance use and prevention. Medicaid accepted, and Metrocare plan available based on income. Spanish speakers available.                                                                                                  |
| <b>Millwood Hospital</b>                                                                            | <a href="#">Mental Health and Substance Use Treatment   MillwoodHospital.com</a><br>817-476-7975                                                                                                                                                                                                                                          | Arlington                              | Crisis stabilization available for substance use. See Psychiatric evaluations section for more information.                                                                                                                                       |
| <b>North Texas Behavioral Health Authority OSAR</b>                                                 | Dallas County: 844-275-0600<br>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.   |
| <b>Recovery Resource Council</b>                                                                    | <a href="http://www.recoverycouncil.org">www.recoverycouncil.org</a><br>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.                                                                        |

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|                                        |                                                                                                                                                                                                                            |                                           |                                                                                                                                                                                                                                                                             |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Roots Renewal Ranch</b>             | <a href="http://www.rootsrenewalranch.com">www.rootsrenewalranch.com</a><br>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.                           |
| <b>Seay Behavioral Health Hospital</b> | <a href="http://TexasHealthSeayBehavioralHealthPlano">Texas Health Seay Behavioral Health Plano</a><br>682-236-6023                                                                                                        | Plano (Dallas N. Tollway & Parker)        | Ages 13-17, day program and outpatient services for substance abuse. Medicare and Medicaid accepted. Spanish available through translator line only.                                                                                                                        |
| <b>Sigma Counseling</b>                | <a href="http://www.sigmacounseling.com">www.sigmacounseling.com</a><br>972-820-6299<br>972-820-6222                                                                                                                       | Carrollton (Josey and Country Club)       | Counseling, substance use treatment, probation programs, & assessment/evaluation offered. Medicaid accepted. Spanish counselors may be available.                                                                                                                           |
| <b>Sundown Ranch</b>                   | <a href="http://www.sundownranchinc.com">www.sundownranchinc.com</a><br>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.                                                                   |
| <b>Texas Health Resources</b>          | <a href="https://www.texashealth.org/Health-and-Wellness/Behavioral-Health/Adolescents-and-Young-Adults">https://www.texashealth.org/Health-and-Wellness/Behavioral-Health/Adolescents-and-Young-Adults</a> 1-877-847-9355 | Various locations                         | Medical Detox 13+ for Alcohol, benzos, opioids at Plano, Bedford & Arlington locations                                                                                                                                                                                      |
| <b>Unity Behavioral Health</b>         | <a href="http://www.unitybehavioral.co">www.unitybehavioral.co</a><br>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.                                            |
| <b>Waterford Counseling</b>            | <a href="https://waterfordcounseling.com/">https://waterfordcounseling.com/</a><br>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. |
| <b>Youth 180</b>                       | <a href="http://www.youth180tx.org">www.youth180tx.org</a><br>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

|                                         |                                                                                                                    |                              |                                                                                                                                      |
|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>Al-Anon Carrollton</b>               | <a href="http://www.dallasal-anon.org">www.dallasal-anon.org</a><br>214-363-0461 o<br>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. |
| <b>Alcoholics Anonymous - Español</b>   | <a href="http://www.aadallasgroup.com/p/reuniones.html">www.aadallasgroup.com/p/reuniones.html</a><br>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.     |
| <b>Alcoholics Anonymous, Carrollton</b> | <a href="http://www.aadallas.org">www.aadallas.org</a><br>972-242-5267<br>or Intergroup<br>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.                |

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|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Charlie Health</b>                           | <a href="http://www.charliehealth.com">www.charliehealth.com</a><br>866-491-5196                            | Virtual (Monday evenings at 7pm)             | Alumni Support groups for parents, grandparents, or guardians of teens and young adults who struggle with mental health and substance use disorders.<br>Virtual IOP for ages 8-65 starting August 1st |
| <b>Children's Health: Teen Recovery Program</b> | <a href="#">Teen Recovery Program</a><br>214-456-7200                                                       | Dallas (35E and Mockingbird)                 | In person group meetings                                                                                                                                                                              |
| <b>CODA (Codependency)</b>                      | <a href="http://www.coda.org">www.coda.org</a><br>888-444-2359 (English)<br>888-444-2379 (Spanish)          | Carrollton (Josey and Peters Colony)         | Online meetings                                                                                                                                                                                       |
| <b>Narcotics Anonymous, CFB Group</b>           | <a href="#">Carrollton Farmer Branch Group   Narcotics.com</a><br>1-888-NA-WORKS;<br>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.                                                                                              |
| <b>Nueva Vida (Al-Anon en español)</b>          | <a href="http://www.dallasal-anon.org/espaol">www.dallasal-anon.org/espaol</a><br>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

|                                |                                                                                               |                           |                                                                                                                                                                                     |
|--------------------------------|-----------------------------------------------------------------------------------------------|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Fastest Labs of Addison</b> | <a href="#">Testing Lab in Addison   FastestLabs®</a><br>972-635-4264                         | Addison                   | Open M-F 9am-5pm; closed Sat & Sun. Rapid Drug test<br>Pricing with discount for CFBISD students (must bring school ID)<br>1-6 panel: \$45<br>7-13 panel: \$50<br>14-17 panel: \$55 |
| <b>Grace Counseling</b>        | <a href="http://www.grace-counseling.com">www.grace-counseling.com</a><br>844-564-0712        | Fort Worth and Lewisville | Fentanyl testing \$5.<br>Most drug panels for instant in house testing \$5-15                                                                                                       |
| <b>Waterford Counseling</b>    | <a href="https://waterfordcounseling.com">https://waterfordcounseling.com</a><br>855-203-7240 | Frisco                    | \$10 18 panel rapid Drug Screening in house includes Fentanyl. Screening also includes sending off to a lab to get more specific details.                                           |

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### Eating Disorders

Treatment and support types vary according to individual needs.

|                                                |                                                                                                                                                         |                                           |                                                                                                                                                     |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Children's Health Medical Center Plano</b>  | <a href="#">Eating Disorders Program</a><br>469-303-4787                                                                                                | Plano (Preston and Hedgcoxe)              | Inpatient and outpatient counseling and education programs, as well as medical care. Medicaid accepted. Spanish speakers available.                 |
| <b>The Eating Recovery Center Dallas/Plano</b> | <a href="https://www.eatingrecoverycenter.com/recovery-centers/dallas">https://www.eatingrecoverycenter.com/recovery-centers/dallas</a><br>469-613-1722 | Plano                                     | Inpatient, outpatient, partial hospitalization, and residential treatment for eating disorders. Various insurances accepted. Medicaid not accepted. |
| <b>NEDA</b>                                    | <a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>                                                                    | Nation wide                               | Information regarding eating disorder support services.                                                                                             |
| <b>Overeaters Anonymous</b>                    | <a href="http://www.oadallas.org">www.oadallas.org</a>                                                                                                  | 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.      |

## Community Resource Referrals

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### Economic Need

|                                            |                                                                                                                   |                                                                                 |                                                                                                                                        |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Ascend Dallas</b>                       | 214-956-5901                                                                                                      | Dallas                                                                          | Support for women - financial advising, career advising and first-time mothers' support                                                |
| <b>Bed Start</b>                           | <a href="#">Get Help - Bed Start</a>                                                                              | Collin County and far north Dallas County                                       | Provides beds or other furniture to families in need                                                                                   |
| <b>Community Council of Greater Dallas</b> | <a href="#">Emergency Services - Community Council of Greater Dallas</a><br>214-871-5065                          | Based in Dallas                                                                 | Emergency resource assistance and assistance getting help enrolling in health care insurance                                           |
| <b>Good Rx</b>                             | <a href="https://www.goodrx.com/">https://www.goodrx.com/</a>                                                     | Nation wide                                                                     | Comparing Prescription medicine prices for low cost options                                                                            |
| <b>Housing by John 3:16</b>                | <a href="#">Housing Help by John 3:16</a><br>469-900-9619                                                         | Dallas, Denton, and Collin Counties                                             | Rent and utility assistance                                                                                                            |
| <b>Mark Cuban Cost Plus Drug Company</b>   | <a href="http://www.costplusdrugs.com">www.costplusdrugs.com</a>                                                  | Nation wide                                                                     | Find reduced price prescriptions                                                                                                       |
| <b>Metrocrest</b>                          | <a href="#">Metrocrest Services</a><br>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                                             |
| <b>North Dallas Shared Ministries</b>      | <a href="http://www.ndsm.org">www.ndsm.org</a><br>214-358-8700                                                    | Dallas                                                                          | Rent and utility assistance, medical care, dental care, eyeglasses, dental care, mental health, clothes closet, income tax preparation |
| <b>T-Mobile Project 10 Million</b>         | <a href="https://www.t-mobile.com/brand/project-10-million">https://www.t-mobile.com/brand/project-10-million</a> | Nation wide                                                                     | Free hotspot for families who are economically disadvantaged                                                                           |
| <b>The Birthday Party Project</b>          | <a href="http://www.thebirthdaypartyproject.org">www.thebirthdaypartyproject.org</a><br>972-290-0908              | Nation wide                                                                     | Birthday bags for homeless children                                                                                                    |
| <b>The Dallas Furniture Bank</b>           | <a href="#">Dallas Furniture Bank</a><br>(972)466-0600                                                            | Dallas                                                                          | Furnishes families in need with furniture, once they find permanent housing                                                            |
| <b>Zenni Optical</b>                       | <a href="http://www.zennioptical.com">www.zennioptical.com</a><br>(800) 211-2105                                  | Nation wide                                                                     | Inexpensive eye glasses, does not use insurance                                                                                        |

# 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.

|                                                    |                                                                                                                                 |                                              |                                                                                                                                                                                                               |
|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bienstar Counseling</b>                         | <a href="http://www.bienstarcounseling.com">www.bienstarcounseling.com</a><br>214-682-7842                                      | Dallas                                       | Counseling services available in Spanish. Accepts Medicaid and most major insurance.                                                                                                                          |
| <b>Cannenta Center for Healing and Empowerment</b> | <a href="http://www.cannentacenter.com">www.cannentacenter.com</a><br>214-267-8946                                              | Addison                                      | CCHE provides comprehensive, therapeutic counseling for adolescents, individuals, and couples. Accepts most major insurances.                                                                                 |
| <b>CCD Counseling</b>                              | <a href="http://www.ccdcounseling.com">www.ccdcounseling.com</a><br>800-897-7068                                                | Denton, Lewisville, Farmers Branch           | Offers free family counseling. Individual counseling offered, no insurance accepted. Substance abuse evaluations offered in Spanish.                                                                          |
| <b>Center for Integrative Counseling</b>           | <a href="http://www.thecentercounseling.org">www.thecentercounseling.org</a><br>214-526-4525                                    | Plano (Tollway and Plano Parkway)            | Counseling and psychological services. Serves children, adults, and families. Accepts most insurances and Medicaid.                                                                                           |
| <b>Centro de mi Salud</b>                          | <a href="http://www.centromisalud.com">www.centromisalud.com</a><br>214-941-0798                                                | Dallas (Oak Cliff, off S Hampton)            | Psychiatric and counseling services in English & Spanish. Accepts most major insurances and Medicaid.                                                                                                         |
| <b>Child &amp; Family Guidance Center</b>          | <a href="http://www.childrenandfamilies.org">www.childrenandfamilies.org</a><br>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. |
| <b>Ellie Mental Health</b>                         | <a href="https://elliementalhealth.com/">https://elliementalhealth.com/</a><br>972-534-4288                                     | Carrollton                                   | Individual, family, and couples group counseling for ages 7 and up. Accepts most major insurances, Medicare, and Medicaid.                                                                                    |
| <b>Family Tree Counseling</b>                      | <a href="http://www.familytreeprogram.org">www.familytreeprogram.org</a><br>214-230-1234 or 888-837-0666<br>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.                  |
| <b>Green Oaks Medical City - Plano</b>             | <a href="#">Medical City Green Oaks Hospital - Plano Outpatient Clinic</a><br>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.                                                                                                             |
| <b>Jewish Family Services</b>                      | <a href="#">Jewish Family Service of Greater Dallas</a><br>972-437-9950                                                         | Dallas (Dallas North Tollway and Arapaho)    | Counseling, emergency food, career and financial coaching (not only for those who identify as Jewish)                                                                                                         |
| <b>Las Colinas Counseling</b>                      | <a href="http://www.lascolinascounseling.com">www.lascolinascounseling.com</a><br>972-910-8388                                  | Irving (MacArthur and Kinwest)               | Individual, couples, and family counseling. Some insurance is accepted. No counselors available in Spanish.                                                                                                   |
| <b>LifeStance Health</b>                           | <a href="http://www.lifestance.com">www.lifestance.com</a><br>844-824-8775                                                      | Various provider locations and Virtual       | Comprehensive individual and family counseling. Accepts most insurances and Medicaid.                                                                                                                         |
| <b>Metrocare Skillman</b>                          | <a href="#">Metrocare Skillman Family Mental Health Clinic &amp; Pharmacy</a><br>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.                                                                                            |

## Community Resource Referrals

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|                                                    |                                                                                                                       |                                      |                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Momentous Institute</b>                         | <a href="http://www.momentousinstitute.org">www.momentousinstitute.org</a><br>214-915-4700                            | Harry Hines and<br>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.                                                                                                         |
| <b>Rapha Christian Counseling</b>                  | <a href="http://www.rapha.info">www.rapha.info</a><br>972-257-0449                                                    | Irving<br>(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. |
| <b>Sigma Counseling</b>                            | <a href="http://www.sigmacounseling.com">www.sigmacounseling.com</a><br>972-820-6299                                  | Carrollton (Josey &<br>Country Club) | Counseling, substance use treatment, probation programs, group counseling, and assessment/ evaluation. Medicaid accepted.                                                                                                                                                                    |
| <b>The Oak Counseling &amp;<br/>Psych Services</b> | <a href="https://oakcounselingandpsych.com/services/">https://oakcounselingandpsych.com/services/</a><br>972-770-1032 | Plano                                | Psychiatric and Mental Health services. Provide individual, couples and family counseling. Accepts most insurance plans.                                                                                                                                                                     |
| <b>Trauma Support Services</b>                     | <a href="http://www.tssnt.org">www.tssnt.org</a><br>972-709-4904                                                      | Dallas (635 and<br>Greenville Ave)   | Offers individual counseling, group therapy, play therapy, and psychoeducational groups. Serves trauma survivors through Victims' Compensation.                                                                                                                                              |

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### Legal Services

|                                            |                                                                                      |                  |                                                                             |
|--------------------------------------------|--------------------------------------------------------------------------------------|------------------|-----------------------------------------------------------------------------|
| <b>Catholic Charities Dallas</b>           | <a href="https://www.ccdallas.org">https://www.ccdallas.org</a><br>866-223-7500      | Dallas, TX 75247 | Support for refugees                                                        |
| <b>Dallas Volunteer Attorney Program</b>   | <a href="#">Clinics - Dallas Volunteer Attorney Program</a><br>214-243-2236          | Dallas           | Can apply for non-criminal legal help                                       |
| <b>Legal Aid of Northwest Texas Dallas</b> | <a href="https://legalaidtx.org/">https://legalaidtx.org/</a><br>1-888-529-5277      | North Texas      | Can apply for legal aid                                                     |
| <b>SMU Law Clinics</b>                     | <a href="http://www.smu.edu/law/clinics">www.smu.edu/law/clinics</a><br>214-768-2562 | Dallas           | Student attorneys supervised by SMU staff provide clinics in multiple areas |

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### Medical Clinics

|                                                      |                                                                                                                                               |                                                     |                                                                                                                                                          |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Children's Health</b>                             | <a href="http://www.childrens.com">www.childrens.com</a><br>844-424-4537                                                                      | Dallas                                              | Medical hospital for children up to age 18                                                                                                               |
| <b>Clínica familiar: La Virgen de Guadalupe</b>      | <a href="https://clinicavirgenguadalupe.com">https://clinicavirgenguadalupe.com</a><br>469-606-0753                                           | 3065 N Josey Ln, #28,<br>Carrollton, TX 75007       | Services in Spanish                                                                                                                                      |
| <b>Clínica Hispana</b>                               | <a href="https://clinicahispanatexas.com">https://clinicahispanatexas.com</a><br>469-317-7249                                                 | 13920 Josey Ln, Farmers<br>Branch, TX 75234         | Services in Spanish - \$35 appointment                                                                                                                   |
| <b>Clínica Mi Doctor</b>                             | <a href="https://mdmedicalgroup.us/location/s/clinicas-mi-doctor">https://mdmedicalgroup.us/location/s/clinicas-mi-doctor</a><br>972-316-6495 | Lewisville, Dallas                                  | Services in Spanish<br>Accepts Chips and Medicaid                                                                                                        |
| <b>Clínica Vcare</b>                                 | <a href="https://www.vcareclinics.org">https://www.vcareclinics.org</a><br>972-245-1200                                                       | 1445 Mac Arthur Dr, #122,<br>Carrollton, TX 75007   | Spanish interpreter available on<br>designated dates - \$40 appointment                                                                                  |
| <b>Dallas County Health Services</b>                 | <a href="#">Dallas County Health and Human Services</a><br>214-819-2000                                                                       | Dallas County                                       |                                                                                                                                                          |
| <b>Denton County Health Services</b>                 | <a href="#">Clinical Services   Denton County, TX</a><br>940-349-2900                                                                         | Denton County                                       |                                                                                                                                                          |
| <b>Loreto House</b>                                  | <a href="http://www.loretohouse.org">www.loretohouse.org</a><br>940-380-8191                                                                  | Denton and Flower Mound                             | Pregnancy testing, STD testing, breast<br>and cervical cancer screening, and<br>health coaching                                                          |
| <b>Mi Clínica Familiar</b>                           | <a href="https://www.miclinicafamiliar.com">https://www.miclinicafamiliar.com</a><br>214-483-9797                                             | 1235 S Josey Ln, #511,<br>Carrollton, TX 75006      | Services in Spanish                                                                                                                                      |
| <b>Pedi Place</b>                                    | <a href="http://www.pediplace.org">www.pediplace.org</a><br>972-436-7962                                                                      | 502 S. Old Orchard Ln, #126<br>Lewisville, TX 75067 | Medical and preventative care for<br>children.                                                                                                           |
| <b>Planned Parenthood</b>                            | <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a><br>972-991-1424                                                      | Addison                                             |                                                                                                                                                          |
| <b>Primary Care Clinic</b>                           | <a href="http://www.primarycareclinic.org">www.primarycareclinic.org</a><br>972-221-6005                                                      | Farmers Branch, Dallas,<br>Lewisville               | Provides primary and rheumatology<br>care at an affordable cost to uninsured<br>or underinsured who are 13 years and<br>older.                           |
| <b>Vivian Field Youth &amp; Family Health Center</b> | <a href="#">Vivian Field Youth &amp; Family Health Center</a><br>214-266-2305                                                                 | 13551 Dennis Lane<br>Farmers Branch, TX 75234       | Low cost medical clinic                                                                                                                                  |
| <b>Woven Health Clinic</b>                           | <a href="http://www.wovenhealth.org">www.wovenhealth.org</a><br>Farmers-Branch 972-484-8444<br>Carrollton 469-574-2022                        | Carrollton and Farmers Branch                       | Low cost medical care and services.                                                                                                                      |
| <b>Your Texas Benefits</b>                           | <a href="https://www.yourtexasbenefits.com/Learn/Home">https://www.yourtexasbenefits.com/Learn/Home</a>                                       | Statewide                                           | Support requesting medical insurance<br>for students (Medicaid y CHIP). They<br>can qualify based on income, size of<br>household, family situation etc. |

## Community Resource Referrals

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### Multilingual /Multicultural Services

|                                      |                                                                                                                         |                                                       |                                                                                                                |
|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Bienstar Counseling</b>           | <a href="http://www.bienstarcounseling.com">www.bienstarcounseling.com</a><br>214-682-7842                              | Dallas                                                | Counseling services available in Spanish. Accepts Medicaid and most major insurance.                           |
| <b>Centro de mi Salud</b>            | <a href="http://www.centromisalud.com">www.centromisalud.com</a><br>214-941-0798                                        | Dallas (Oak Cliff, off S Hampton)                     | Psychiatric and counseling services available in Spanish. Accepts major insurances and Medicaid.               |
| <b>Compassionate Psychiatry</b>      | <a href="https://www.compassionatepsychiatry.org/">https://www.compassionatepsychiatry.org/</a><br>469-200-4093         | Frisco, Allen, Plano, McKinney, and surrounding areas | Counseling, medication management, psychiatric testing. Spanish providers available.                           |
| <b>Multicultural Recovery Center</b> | <a href="https://www.multiculturalrecoverycenter.com/">https://www.multiculturalrecoverycenter.com/</a><br>214-609-3300 | Irving, Mesquite, Fort Worth, Dallas                  | Counseling and psychiatric care provided, counselors available in Spanish. Medicaid accepted                   |
| <b>Tran Nguyen, MS, LMFT</b>         | 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.

|                                         |                                                                                                    |                                        |                                                                                                                                                                                                                                                                                                |
|-----------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Center for Play Therapy UNT</b>      | <a href="#">Center for Play Therapy</a><br>940-565-3864                                            | Denton (Welch and Prairie)             | Individual & group play therapy, activity therapy, sand tray, & parent training and consultations.<br>Counseling is typically provided by supervised graduate students. Available in Spanish.<br>Sliding scale payment accepted. No Medicaid accepted.                                         |
| <b>Paws for Reflection Ranch</b>        | <a href="http://www.pawsforreflectionranch.org">www.pawsforreflectionranch.org</a><br>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.                                                                                                  |
| <b>SMU Center for Family Counseling</b> | <a href="http://www.smu.edu/familycounseling">www.smu.edu/familycounseling</a><br>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.<br>Counseling is typically provided by supervised graduate students. Available in Spanish.<br>Sliding scale payment accepted. Medicaid not accepted. |

## Community Resource Referrals

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### Pregnancy

|                                                              |                                                                                      |                        |                                                                                             |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------|---------------------------------------------------------------------------------------------|
| <b>HRSA<br/>National<br/>Maternal &amp;<br/>Child Health</b> | <a href="#">National Maternal Mental Health<br/>Hotline   MCHB</a><br>1-833-852-6262 | Nation wide            | Free resources and 24/7 hotline for<br>pregnant and new moms.                               |
| <b>Loreto House</b>                                          | <a href="http://www.loretohouse.org">www.loretohouse.org</a><br>940-312-5382         | Denton or Flower Mound | Pregnancy testing, ultrasounds,<br>parenting classes, resources for<br>diapers and clothing |

## Community Resource Referrals

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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.

|                                                                      |                                                                                                                                                                                                                               |                                          |                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Carrollton Regional Medical Center</b>                            | <a href="#">Carrollton Regional Medical Center</a><br>972-492-1010                                                                                                                                                            | 4343 N Josey Ln<br>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. |
| <b>Carrus Health Behavioral Hospital</b>                             | <a href="https://behavioral.carrusheth.com/">https://behavioral.carrusheth.com/</a><br>903-870-1222                                                                                                                           | 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                              |
| <b>Children's Health Hospital Dallas</b>                             | <a href="http://www.childrens.com">www.childrens.com</a><br>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.              |
| <b>Hickory Trail Hospital</b>                                        | <a href="http://www.hickorytrail.com">www.hickorytrail.com</a><br>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.                                                    |
| <b>Metrocare Skillman Family Mental Health Clinic &amp; Pharmacy</b> | <a href="#">Metrocare Skillman Family Mental Health Clinic &amp; Pharmacy</a><br>214-221-5433                                                                                                                                 | 9708 Skillman St<br>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.                                       |
| <b>Millwood Hospital</b>                                             | <a href="#">Mental Health and Substance Use Treatment   MillwoodHospital.com</a><br>817-476-7975                                                                                                                              | Arlington                                | Psychiatric evaluations, inpatient and outpatient programs for behavioral health disorders.                                                                                                                                        |
| <b>Southern Area Behavioral Health</b>                               | <a href="https://sabhc.org/">https://sabhc.org/</a><br>972-283-9090                                                                                                                                                           | Dallas (I20 and S. Westmoreland Rd.)     | Urgent and emergent psychiatric services. Medication management, counseling, evaluations (psychiatric and medication) NTBHA provider.                                                                                              |
| <b>Texas Health Presbyterian Hospital</b>                            | <a href="http://www.texashealth.org/plano">www.texashealth.org/plano</a><br>972-981-8000                                                                                                                                      | 6200 West Parker Rd<br>Plano, TX 75093   | For immediate evaluation, go to the emergency room. Staff may provide referrals to treatment facilities. Some forms of Medicaid accepted.                                                                                          |
| <b>Texas Health Resources</b>                                        | <a href="https://www.texashealth.org/Health-and-Wellness/Behavioral-Health/Adolescents-and-Young-Adults">https://www.texashealth.org/Health-and-Wellness/Behavioral-Health/Adolescents-and-Young-Adults</a><br>1-877-847-9355 | Various locations                        | Partial Hospitalization Program (PHP)<br>Intensive Outpatient Program (IOP)-<br>Rockwall location Medical Detox 13+ for Alcohol, benzos, opioids at Plano, Bedford & Arlington locations                                           |
| <b>UBH Denton</b>                                                    | <a href="http://www.ubhdenton.com">www.ubhdenton.com</a><br>940-305-6060                                                                                                                                                      | Denton                                   | Offers psychiatric evaluations, adolescent inpatient programs, and outpatient programs, co-occurring mental health and substance use.                                                                                              |

# Community Resource Referrals

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## Shelters

|                                                 |                                                                                                                                                         |                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>City House Youth Shelter</b>                 | <a href="#">City House</a><br>972-424-4626                                                                                                              | 830 Central Pkwy E, Ste 350<br>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. |
| <b>Collin County Children's Advocacy Center</b> | <a href="#">Children's Advocacy Center of Collin County</a><br>972-633-6600                                                                             | Collin County                                  | Responds to the needs of families and victims of crime, including domestic violence services. For families in Collin Co.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Dallas County Children's Advocacy Center</b> | <a href="#">www.dcac.org</a><br>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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Denton Co. Children's Advocacy</b>           | <a href="#">www.cacdc.org</a><br>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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Denton Co. Friends of the Family</b>         | <a href="#">www.dcf.org</a><br>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.                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Elevate</b>                                  | <a href="#">Elevate North Texas</a><br>214-531-0752                                                                                                     | North Texas                                    | Emergency short term housing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>The Family Place</b>                         | <a href="#">www.familyplace.org</a><br>214-941-1991<br>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.                                                                                                                                                                                                                                                                                  |
| <b>Genesis Women's Shelter and Support</b>      | <a href="#">www.genesisshelter.org</a><br>214-946-4357<br>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.                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Hope's Door</b>                              | <a href="#">www.hdnbc.org</a><br>972-276-0057 (Hotline 24/7)                                                                                            | Plano                                          | Services provided to victims of domestic and sexual violence: Emergency shelter, counseling, legal, education. Services in Spanish.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Irving Family Advocacy Center</b>            | <a href="https://tx-irving2.civicplus.com/2623/Family-Advocacy-Center">https://tx-irving2.civicplus.com/2623/Family-Advocacy-Center</a><br>972-721-6560 | 600 W Pioneer Dr<br>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.                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Mosaic Family Services</b>                   | <a href="#">www.mosaicservices.org</a><br>214-821-5393; or<br>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.                                                                                                                                                                                                                                                                                                                  |
| <b>Jonathan's Place</b>                         | <a href="https://www.jpkids.org/our-programs/emergency-shelter/">https://www.jpkids.org/our-programs/emergency-shelter/</a><br>972-303-5303             | Dallas                                         | Dallas emergency shelter, transitional living, services for girls age 5-17 who have been victims of trafficking, provides emergency counseling services to potential runaways.                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Traffick 911</b>                             | <a href="#">www.traffick911.com</a><br>817-575-9923<br>(Hotline 24/7)                                                                                   | North Texas                                    | Advocates help provide emergency shelter, safety plans, and counseling services for child victims of sex trafficking.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

## 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 7/22/26 and subject to change.*

### Support Groups

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

|                                         |                                                                                                                                                                                                 |                                                           |                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Carson's Village</b>                 | <a href="https://carsonsvillage.org/resource/how-to-cope-dfw/">https://carsonsvillage.org/resource/how-to-cope-dfw/</a>                                                                         | Nation wide                                               | Full resource list for grief support groups                                                                                                                                                                                                                                                                       |
| <b>Charlie Health</b>                   | <a href="http://www.charliehealth.com">www.charliehealth.com</a><br>986-206-0414                                                                                                                | Virtual                                                   | Online support groups for caregivers, suicide survivor, and athlete support                                                                                                                                                                                                                                       |
| <b>Grief and Loss Center</b>            | <a href="https://mygriefandloss.org/">https://mygriefandloss.org/</a><br>214-452-3105                                                                                                           | 4316 Abrams Rd, 2 <sup>nd</sup> floor<br>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. |
| <b>Grief Works</b>                      | <a href="http://www.christian-works.org/works/grief-works">www.christian-works.org/works/grief-works</a><br>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.                                                                                                                               |
| <b>Journey of Hope</b>                  | <a href="https://www.johgrief.org/">https://www.johgrief.org/</a><br>903-751-5255                                                                                                               | 3160 East Spring Creek Pkwy Plano, TX 75074               | Peer grief support for ages 4-18                                                                                                                                                                                                                                                                                  |
| <b>M.E.N.D.</b>                         | <a href="https://www.mend.org/">https://www.mend.org/</a><br>972-506-9000                                                                                                                       | In- person and virtual                                    | Support groups for grief related to infant loss.                                                                                                                                                                                                                                                                  |
| <b>Postpartum Support International</b> | <a href="http://www.postpartum.net">www.postpartum.net</a><br>800-944-4773                                                                                                                      | Virtual                                                   | Online support groups for pregnant, parenting, and those grieving infant loss                                                                                                                                                                                                                                     |
| <b>Sage Counseling</b>                  | <a href="https://www.sagecounseling-hope.com/">https://www.sagecounseling-hope.com/</a><br>972-696-9207<br><a href="mailto:christy@sagecounseling-hope.com">christy@sagecounseling-hope.com</a> | Plano                                                     | Free Motherless Daughters support group held online from 1-2pm CST on the first Thursday of each month                                                                                                                                                                                                            |
| <b>Single &amp; Parenting</b>           | <a href="http://www.singleandparenting.org">www.singleandparenting.org</a><br>800-395-5755                                                                                                      | Nation wide                                               | Seminars and support groups for single parents                                                                                                                                                                                                                                                                    |
| <b>Youth First</b>                      | <a href="https://myresourcecenter.org/">https://myresourcecenter.org/</a><br>214-521-5124                                                                                                       | 5750 Cedar Springs Rd<br>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.                                                            |