# REFERRAL AGENCIES

**Agencias que Proporcionan Asistencia e Información a Ud.**
**CƠ QUAN GIỚI THIỆU**

## CHILD ABUSE
**Centros para Niños Abusados**
**LẠM DỤNG TRẺ EM**

Child Abuse Reporting, TDHS www.dfps.state.tx.us 800-252-5400
Human Trafficking 888-373-7888 or Text to 233733
Traffick911 4575 Claire Chennault, Addison (817) 575-9923

## CLOTHING-FOOD
**Centros de Ropa-Alimento**
**QUẦN ÁO-THỰC PHẨM**

Catholic Charities 1421 Mockingbird Ln., Dallas (214) 520-6590
Friendship House 620 W. Ave B, Garland (972) 272-1010
Good Samaritans 214 N. 12th St., Garland (972) 276-2263
Life Message 4501 Rowlett Rd., Rowlett (877) 518-1000
Salvation Army 451 W. Ave. D., Garland (972) 272-4531
5 Loaves Food Pantry 4401 Williford Rd. Sachse (469) 767-8017
Trusted World - (Ask your counselor for a referral)

## CRISIS
**Centros de Crises**
**SỰ KHỦNG HOẢNG**

**Call 911 if urgent Call 988 for Suicide Prevention**

Crisis Text Line Text "Home" to 741741
MetroCare Services (24/7 Hotline) (214) 743-1215/(469) 659-6939
National Runaway Safeline 800-RUNAWAY(786-2929)
National Suicide Crisis Hotline 800-273-8255 or 988
North TX Crisis Line (Mobile Crisis Team) 866-260-8000
Texas Youth Hotline 800-989-6884
The Family Place 8625 King George Dr., Dallas (214) 941-1991
Thrive Women's Clinic 6500 Greenville Ave., Suite 600, Dallas (214) 343-9263
VIP/Rape Crisis Center5200 Harry Hines Blvd,Dallas (214) 590-0430

## DOMESTIC VIOLENCE
**Centros para Violencia Domestica/Familiar**
**BẠO LỰC GIA ĐÌNH**

Genesis Women's Shelter 4411 Lemmon Ave., Dallas
Hope's Door - New Beginning (972) 276-0057
National Dating Abuse Hotline 866-331-9474 or text LOVEIS
National Domestic Hotline 800-799-SAFE (7233)
The Family Place/24 Hr. Hotline (214) 941-1991
Texas Advocacy Project 800-374-HOPE

## FAMILY & YOUTH COUNSELING/SERVICES
**Centros de Asesoramientos y Servicios de Jóvenes y la Familia**
**TƯ VẤN / DỊCH VỤ GIA ĐÌNH VÀ THANH THIẾU NIÊN**

Charlie Health (214) 949-1891 Virtual Intensive Outpatient Services
Centro de Mi Salud 628 Centre St., Dallas (214) 941-0798
Child & Family Guidance Center (214) 351-3490
Children's Health Psych. 1935 Medical District, Dallas (214) 456-8899
Counseling Institute of Texas 3200 Southern Dr, Garland (972)271-4300
Counseling Works 5440 Harvest Hill Rd., Dallas (972) 960-9981
Love Bond Outreach 8035 E. RL Thorton, Dallas (469) 709-8977
MetroCare Services (Skillman/Samuel) (214) 221-5433/(972) 861-5611
Mosaic Family Services 12225 Greenville Ave., Dallas (214) 821-5393
Room For Change 3256 Southern Dr # 461, Garland (214) 385-5445

## CITY RESOURCES

City of Garland: garlandtx.gov
City of Rowlett: ci.rowlett.tx.us
City of Sachse: cityofsachse.com

GISD GUIDANCE & COUNSELING

## SUPPORT GROUPS
**Centros de Grupos de Respalde**
**CÁC NHÓM HỖ TRỢ**

Alateen/Al-Anon (Teen/Adult Substance Support Group) (214) 363-0461
Alcoholics Anonymous (214) 887-6699/ Spanish (214) 905-0770
CARE Substance Abuse 8100 Lomo Alto,Dallas (214) 526-8986
Community Helpline 211
GALA (Gay & Lesbian Alliance) info@galantx.org
GriefWorks 5440 Harvest Hill, Dallas (972) 960-9981 ext. 108
Wellspring Counseling Center ~ Journey of Hope (Grief) 3160 E. Spring Creek Pkwy, Plano (903) 751- 5255
NAMI 2812 Swiss Ave, Dallas (214) 341-7133
Narcotics Anonymous 888-629-6757
Eating Recovery Center s 866-613-2130 5120 Legacy Dr., Plano 75024
The Trevor Project 866-488-7386
Youth First Texas/LGBT 5750 Cedar Springs, Dallas (214) 521-5124

## PSYCHIATRIC ASSESSMENT / CARE
**Evaluación / tratamiento psiquiátrico**
**ĐÁNH GIÁ / CHĂM SÓC TÂM THẦN**

BasePoint Academy 713 W Broad Street Forney (972) 325-2633
Carrollton Springs | Collin Springs 4650 W. University Drive McKinney, TX 75071 (469) 885-8901
Carrus Behavioral Hospital 1724 West US Hwy. 82, Sherman (903)870-1222
Charlie Health Virtual (986) 206-0414
Children's Health 1935 Medical District, Dallas (214) 456-8899
Dallas Behavioral Hospital 800 Kirnwood, DeSoto (972) 982-0897
Healing Souls 3635 Broadway Blvd. Ste. A Garland (972) 787-0060
Hickory Trail Hospital 2000 N.Old Hickory Tr., DeSoto (972) 298-7323
Keturah Health 1420 Valwood Pkwy Ste. 170 Carrollton 469.626.8195
Perimeter Healthcare 2696 W.Walnut Garland, (972) 370-5517
Texas Health Seay Behavioral 6110 W. Parker Rd., Plano (972) 981-8301
UT-SW Children's Health 5323 Harry Hines, Dallas (214) 456-5752

## GISD RESOURCES AND SERVICES
**Recursos y servicios de GISD**
**DỊCH VỤ VÀ NGUỒN GISD**

Employee Wellness EAP 877-595-5284
Homeless and Foster Care 720 Stadium Dr., Garland (972) 494-8255
Link to more community resources
Parent Training (972) 487-3300
Student Nutrition (972) 494-8322
Warren School (Birth to 3 yrs.) 2625 Anita Dr., Garland (972) 926-2671
Counseling Department (972) 487-3195
askcounseling@garlandisd.net

Request a Counselor

YOU MATTER

**We do not recommend or endorse any particular provider, nor do we make any judgment about the quality of care given by any provider.**
**No recomendamos ni avalamos a ningún proveedor en particular, ni hacemos juicio de alguno sobre la calidad de la atención que presta cualquier proveedor.**
**Chúng tôi không khuyến nghị hoặc xác nhận bất kỳ nhà cung cấp cụ thể nào, và chúng tôi không đưa ra bất kỳ đánh giá nào về chất lượng chăm sóc của bất kỳ nhà cung cấp nào.**

# Referral Agencies continued

**SUBSTANCE ABUSE**
**ABUSO DE SUSTANCIAS**
**ABUSO DE SUSTANCIAS**
**Outreach, Screening, Assessment & Referral (OSAR)**
9441 LBJ Freeway Suite 350
Dallas, TX 75243
Crisis phone: 866-260-8000
Main phone: 877-653-6363
OSAR phone: 844-275-0600
OSAR e-mail:osar@ntbha.org
Website: www.ntbha.org
**North Texas Behavioral Health Authority 866-260-8000**
FindTreatment.gov
Addictions.com - Help for those in need of addiction treatment
FindTreatment.gov
Findhelp.org

**ADDITIONAL RESOURCES**
**Recursos adicionales**
**tài nguyên bổ sung**

Nurturing Arms Counseling 101 E. Park Blvd. Plano 281-971-3269
COMPACT ACT - Free service anywhere for veterans
Salud y Servicios Humanos de Texas

**Texas Department of Housing and Human Affairs**
**tdhca.state.tx.us**
The Project Access Pilot Program
provides housing rental assistance
**Selective Mutism Association**
**Selectivemutism.org**

**FEMA Funeral Assistance 1-844-684-6333**
**FEMA.GOV**

Dallas County Emergency Housing Assistance Program (EHAP)
EHAP (Spanish)

Dallas County residents that live outside of the City of Dallas needing help for rent, mortgage or utilities:
www.dallascounty.org/ehap-2021

Mental Health America
Screening tools:
https://mhadallas.org/screening-tools/

Human Rights Campaign https://www.hrc.org/resources

State CRCG Office
https://crcg.hhs.texas.gov/
8317 Cross Park Drive, Suite 350
Austin, TX 78754
CRCG@hhsc.state.tx.us
Tel: 512-206-5255

Pathways Mosaic Behavioral Health
www.pathway.org
1-800-427-6144
(Dallas) 214--631-7002 #853
Katie Hart khart@pathway.org

Rescue Hill - Fight Against Human Trafficking
Emergency Beds, Referrals, Advocacy
New Hope Immigration Services
https://www.newhopeims.org/
Safe At Home- For families with special needs
Besmartforkids.org - Gun safety and suicide prevention PSAs and tips

Texaslawhelp.org

**PHONE APPS**
**APLICACIONES TELEFÓNICAS**
**ỨNG DỤNG ĐIỆN THOẠI**
**Texas Suicide Prevention – Easy steps to preventing suicide**
Download App
**Breathe2Relax– Stress management tools and exercises**
Download App
**Self-help Anxiety Management – Helps people manage anxiety**
Download App
**Texas Veterans – Access local, state and national resources**
Download App
Mindshift - Tools to help with anxiety
Download App
**Virtual Hope Box – Stores personal messages, information and pictures to promote mental wellness and crisis support**
Download App
**Meditation Oasis - Calming tools**
Download App

Videos from some of our partners

Click to learn more about GISD Mental Health Resources




GISD
GUIDANCE & COUNSELING

# Parent Handout: Community Support Resources

Guía de Recursos de Apoyo Familiar y Salud Mental para Padres

## 🚨 CRISIS & IMMEDIATE HELP / LÍNEAS DE CRISIS

**Call 911** for immediate emergencies | **Call/Text 988** for Suicide & Crisis Lifeline

**Crisis Text Line:** Text "HOME" to 741741

**MetroCare 24/7 Crisis Line:** (214) 743-1215 / (469) 659-6939

## GISD SERVICES / SERVICIOS GISD

**GISD Counseling Dept:** (972) 487-3195

**Email:** askcounseling@garlandisd.net

**Employee Wellness EAP:** 1-800-854-1446

**Homeless & Foster Care:** (972) 494-8255

**More resources:**
garlandisd.net/programs-services/wellness-and-support-resources

## IOP / PHP PROGRAMS / PROGRAMAS IOP Y PHP

**BasePoint Academy:** (972) 325-2633

**Charlie Health:** (214) 949-1891

**Texas Health Seay Behavioral:** (972) 981-8301

## FOOD & CLOTHING / ALIMENTOS Y ROPA

**Good Samaritans (Garland):** (972) 276-2263

**Friendship House:** (972) 272-1010

**Salvation Army Garland:** (972) 272-4531

**5 Loaves Food Pantry:** (469) 767-8017

**Catholic Charities:** (214) 520-6590

## PSYCHIATRIC CARE / ATENCIÓN PSIQUIÁTRICA

**Children's Health:** (214) 456-8899

**Child & Family Guidance:** (214) 351-3490

**Dallas Behavioral Hospital:** (972) 982-0897

**Perimeter Healthcare:** (972) 370-5517

**Carrus Behavioral Hospital:** (903) 870-1222

**Texas Health Seay Behavioral:** (972) 981-8301

## FAMILY COUNSELING / ASESORAMIENTO

**Counseling Institute of TX:** (972) 271-4300

**The Family Place (Domestic Violence):** (214) 941-1991

**Hope's Door : (Domestic Violence):** (972) 276-0057

**Wellspring (Grief Support):** (903) 751-5255

**Room For Change:** (214) 385-5445

**Community Helpline:** Dial 211

## ADDITIONAL HELPLINES & LOCAL SERVICES / OTRAS LÍNEAS DE AYUDA Y SERVICIOS

**Rent & Housing Assistance:** Garland Housing Services (972) 205-3393

**Transportation:** DART Rides (Garland/Rowlett) (214) 979-1111 | STAR Transit (877) 631-8747

**Vaccines & Health Clinics:** Garland Health Dept Clinic (214) 653-4545 | Dallas County Health (214) 819-2163

**Child Abuse (TDHS):** 800-252-5400 | **Human Trafficking:** 888-373-7888 | **Domestic Violence:** 800-799-SAFE