

Community Resources and Referrals

DISCLAIMER: This informational list does not necessarily imply endorsement or support of the professionals listed below

Rockwall

- Rockwall Counseling and Wellness
 - <https://www.rockwallcounselingandwellness.com/our-team>

Arlington

- Arlington Center
 - <https://arlingtonctr.com/staff/>
- Mending Clinic
 - <https://www.mendingclinic.com/>

Richardson

- MAS Dallas
 - <https://www.masdfw.org/adults>
- Richland Oaks
 - <https://www.richlandoaks.org/new-page-1>
 - Has offices in Richardson, McKinney, Plano and Prosper

Plano

- Might Oaks Counseling and Wellness
 - <https://www.mightyoakscounseling.com/about-drc>
 - Dr. Sarah Carlson *Sliding scale options*

Think Tank Counseling

- <https://thinktankcounseling.com/services/>

Frisco

- Richland Oaks
 - <https://www.richlandoaks.org/new-page-1>
 - Has offices in Richardson, McKinney, Plano and Prosper
- Compassionate Psychiatry
 - <https://www.compassionatepsychiatry.org/services.html>

Waxahachie

- Taylor Counseling Group
 - <https://taylorcounselinggroup.com/our-therapists/>

Allen

- The Impact Counselors
 - <https://www.theimpactcounselors.com/>
 - *Sliding scale options*

Other resources:

- Psychology today instructions: www.psychologytoday.com
 - You can search by city or zip code
 - Filter what kind of therapist you are looking for by clicking “More” and checking the boxes underneath
 - Filter by gender, religion, languages, etc.

The screenshot shows the Psychology Today website interface. At the top, there is a search bar with 'Therapists' selected and 'City, Zip or Name' as the search criteria. Below the search bar, there are navigation links for 'Therapists', 'Teletherapy', 'Psychiatrists', 'Treatment Centers', and 'Support Groups'. The main heading is 'Therapists in Waxahachie, TX'. Below this, there are several filter categories: 'Issues', 'Insurance', 'Gender', 'Types of Therapy', 'Age', 'Price', 'Video Intros', and 'More...'. The 'More...' filter is expanded, showing a grid of checkboxes for various categories: 'Ethnicity Served' (Hispanic and Latino, African-American, Asian, Native American), 'Sexuality' (Gay, Lesbian, Bisexual), 'Language' (Spanish, ASL, German, Hindi), and 'Faith' (Christian, Buddhist, Hindu, Islam). Below the filters, there is a profile card for a therapist with a photo and a description: 'Relationship Focused Couples Counseling. Everyone wants a partner or family that is encouraging, loving, and dependable. Achieving this is sometimes difficult. Are you tired of waiting for your concerns to magically resolve? Couples/families hire me to walk with them. see their...'. The location is listed as 'Waxahachie, TX 75165' and it notes 'Offers online therapy'.

- MAPS: Muslims Therapists in DFW area:
 - <https://www.mapsnetwork.org/maps-dfw>

Uplift Education Resources:

Non-Emergency Police Numbers:

Irving Police Department:
(972) 273 - 1010

Grand Prairie Police Department:
(972) 237-8700

Dallas Police Department:
(214) 744 - 4444

211 – Free Information & Referrals

FREE/ LOW COST COUNSELING SERVICES:

Dallas:

Momentous Institute

Sliding-scale counseling, after-school programs,
Spanish Speaking Counselors, ages 0-15.*

<https://momentousinstitute.org/services/therapeutic-services>

Oak Cliff Location

(214) 915 - 4700

106 E. 10th Street

Dallas, TX, 75203

West Dallas Location

(214) 916-4000

9705 Harry Hines Blvd.

Dallas, TX, 75220

Christian Works for Children/ Grief Works

*Sliding scale for counseling, Adoption agency, Program for Pregnant women, Blended Families and Families dealing with Divorce. Free children's grief support group. Serve children and adults. *Spanish Speaking Counselors*

972-960-9981

5440 Harvest Hill Rd., Suite 140

Dallas, TX 75230

<https://www.christian-works.org/>

Family Tree Program Counseling

Free counseling with a specialty in family systems.

(888) 837-0666

(940) 387-7517

1-800-972-3416 (Spanish)

**Multiple Locations & Spanish Speaking Counselors*

Available in Farmers Branch, Duncanville, Dallas, Garland, Grand Prairie, Richardson, Lewisville, and Denton

<https://familytreeprogram.org/>

Centro de Mi Salud (Center for My Health)

Spanish Speaking Specialty; individual and family counseling; psychiatric services

(214) 941-0798

(866) 260-8000 crisis number

628 Centre St.

Dallas, TX 75208

<http://www.centromisalud.com/>

Pastoral Counseling Center

Counseling and Assessments; Spanish Speaking Counselors

Multiple locations, call for appointment

(214) 526-4525

<https://thecentercounseling.org/>

Family Studies Center at UT-Southwestern

Family, couples and individual therapy; (they do not see minor alone. It has to be family therapy) \$20 a session.

Also offer psychiatric care options. Has to be English Speaking

(214) 648-6945

8194 Walnut Hill Ln

Dallas, TX, 75231

<https://utswmed.org/locations/texas-health-dallas/family-medicine-texas-health-dallas/family-studies-center/>

Child and Family Guidance Center

Counseling and psychiatric services; case management; rehabilitative and skills training; Multiple locations;

**Spanish Speaking Counselors*

(214) 351- 3490

1-866-695-3794 (toll free)

<https://www.childrenandfamilies.org/>

Jewish Family Services of Greater Dallas

Counseling for children and adults, employment assistance, food pantry and financial assistance program.

(972) 437-9950

5402 Arapaho Rd

Dallas TX 75248

<https://jfsdallas.org/>

Irving:

Irving Family Advocacy Center

Free counseling in area of Domestic Violence, Sexual Abuse or Victim of Crime. Must be a resident, a victim of crime or attend school in Irving.

(972) 721-6521

(972) 721-6553 (bilingual counseling)

600 W. Pioneer Dr.

Irving, TX, 75061

Irving Health Center

Sliding scale; healthcare to children and adults, including behavioral health services by referral from physician

(214) 266 - 3000

1800 North Britain

Irving, TX, 75061

<https://www.parklandhospital.com/locations/irving-health-center-7>

Irving Cares

Offers range of services, including counseling information and referral. Need to be Irving resident

(972) 721-9181

440 S. Nursery Rd., Suite 101

Irving, TX 75060

Grand Prairie:

Children First Counseling Center

Counseling specialty mainly in Victims of abuse and domestic violence; also offers a Batterer Intervention Program targeted towards parents; Sliding scale

(972) 264-0604

202 College St.

Grand Prairie, TX, 75050

<https://www.childrenfirstinc.org/>

E. Carlyle Smith Jr. Health Center

(214) 266 - 3400

801 Conover Dr.

Grand Prairie, TX, 75051

SPECIALTY REFERRALS:

Counseling/ Grief Resources:

North Texas Grief and Loss Center

Grief support and education.

(214) 452-3105

4316 Abrams Rd., Dallas, TX 75214

<http://mygriefandloss.org/>

Christian Works for Children/ Grief Works

*Sliding scale for counseling, Adoption agency, Program for Pregnant women, Blended Families and Families dealing with Divorce. Free children's grief support group. Serve children and adults. *Spanish Speaking Counselors*

972-960-9981

5440 Harvest Hill Rd., Suite 140

Dallas, TX 75230

<https://www.christian-works.org/>

Carson's Village

works with families to find affordable burial options, raise money, plan a funeral and then support them through their grieving.

1-877-789-0722

help@carsonsvillage.org

www.carsonsvillage.org

Counseling for Special Populations:

Metrocare

Variety of services; Counseling & Pervasive Developmental Disorder Services

(214) 743 - 1200

1380 Riverbend Drive

Dallas, TX, 75247

<https://www.metrocareservices.org/>

UT Southwestern Center for Autism and Developmental Disabilities

Medical care for autism and all other neurodevelopmental disabilities

214-456-7700

6363 Forest Park Rd

Dallas TX 75235

<https://www.utsouthwestern.edu/education/medical-school/departments/psychiatry/patient-care/autism/>

Luke Waites Center for Dyslexia and Learning Disorders

Located at Texas Scottish Rite Hospital

(214) 559-7815

2222 Welborn St., Dallas, TX 75219

<https://scottishriteforchildren.org/care-and-treatment/dyslexia>

Psychiatric Care:

Green Oaks Hospital

Outpatient/Inpatient services. Ages 12 and up

(972) 991-9504 / (800) 866-6554 (Toll-Free)

7808 Clodus Fields Drive

Dallas, TX, 75251

Hickory Trail Hospital

Outpatient/ Inpatient services
(972) 298-7323
2000 N. Old Hickory Trail
DeSoto, TX, 75115

Dallas Behavioral Healthcare Hospital

Outpatient/ Inpatient services
(855) 982-0897
800 Kirnwood Dr
DeSoto, TX, 75115

Texas Health Behavioral Health Hospital - Dallas

Outpatient/ Inpatient services; Multiple location; 2 service adolescents; Service ages 13 and up
(682) 236-6023
8200 Walnut Hill Lane
Dallas, TX, 75231

Children's Medical Center – Child/Adolescent Psychiatry

(214) 456-5900
1935 Medical District Drive
Dallas, TX, 75235

Baylor Hospital Psychiatric (Dallas & Ft. Worth)

1 (800) 422-9567 (physician referral line)
Multiple locations

Children's Health SPARC Program

Suicide Prevention and Resilience at Children's Health- Intensive outpatient program for youth with suicidal behaviors
Outpatient: (214) 456-5900
New Patient: (214) 456-5937
1935 Medical District Dr.
Dallas, Texas 75235

LGBT Services:

Resource Center – Youth First

(214) 393-3640- Behavioral health services
www.rcdallas.org/youth

Crisis/Trauma:

Adapt Community Solutions

Provides FREE suicide & mental health evaluations and referrals; mobile crisis response
(866) 260-8000
4333 Gannon Lane, Suite 101 Dallas, TX, 75237

(Parkland Hospital) Victim Intervention – Crisis Center

*Free Counseling mainly for trauma, sexual abuse, and domestic violence. Must be Dallas county resident; *Spanish Speaking Counselors*
214-590-2926/ (214) 590-0430 (24- hour hotline)
4811 Harry Hines Dallas, TX 75208

Dallas Area Rape Crisis Center

*Free Counseling mainly for victims of sexual assault, sex worker, stalking and sexual harassment; legal and case management services also provided. *Spanish speaking counselors*
(972) 641-7273
4210 Junius St.
Dallas, TX, 75246
<https://dallasrapecrisis.org/>

New Friends New Life

Provides services to formerly trafficked girls and sexually exploited women and children.
(214) 965-0935
<https://www.newfriendsnewlife.org/>

Domestic Violence:

Hope's Door

24 Hour Crisis Hotline: 972-276-0057
Main line 972-276-0423
218 North Tenth Street, Garland, TX 75040
<https://hdnbc.org/>

(214) 389-7700 (counseling)
(214) 946-4357 (24-Hour Hotline)
4411 Lemmon Ave., #201
Dallas, TX, 75219
<https://www.genesisshelter.org/>

Genesis Women's Shelter (Dallas)

The Family Place

Domestic Violence Emergency Shelter
24 Hour Crisis Hotline: 214-941-1991
Main line 214-559-2170
<https://www.familyplace.org/>

Brighter Tomorrows

(972) 262-8383 (24-Hour Hotline)
(972) 254-4003
920 Bluebird Dr.
Irving, TX, 75061
<https://www.brightertomorrows.net/>

Mosaic Family Services

Services for Family violence survivors, human trafficking survivor and refugees
24-Hour Crisis Hotline: 214-823-4434
Contact Number 214-821-5393
12225 Greenville Avenue, Suite 800 | Dallas, Texas 75243
<https://mosaicervices.org/>

Texas Advocacy Project

Free legal services, access to the justice system, and education, for victims of domestic and dating violence, sexual assault, and stalking.
(800) 374-HOPE(4673)
<https://www.texasadvocacyproject.org/>

Drug & Alcohol:

Nexus Recovery Center – Inpatient/ Outpatient

Female, Ages 13 – 17 or Adult Women
(214) 321-0156, Ext. 3118 (admissions)
Multiple Locations in Dallas
<https://www.nexusrecovery.org/>

Phoenix House – Teens

1 (800) 378-4435
2345 Reagan St.
Dallas, TX, 75219
<https://www.phoenixhouse.org/>

The Council on Alcohol & Drug Abuse- Dallas

Substance abuse assessment, education, counseling, housing program and referrals out; ages 15 and up
(214) 522-8600
1349 Empire Central Dr., #800
Dallas, TX, 75247
<https://dallascouncil.org/>

Self-Injury:

Eating Recovery Center of Dallas

(972) 479-5779
4716 Alliance Blvd., Ste. 400
Plano, TX, 75093
<https://www.eatingrecoverycenter.com/recovery-centers/dallas>

Room For Change/ Amanda Esquivel, MS, LPC, LCDC

*Counseling services for all needs; *Spanish speaking counselors*
(940) 230 – 3381
2536 Southern Dr
Garland TX 75043
<https://roomforchange.info/>

Immigration Assistance Services:

RAICES Dallas:

Immigration attorney services, DACA consultation
Walk-In Services (M-Th mornings beginning at 8:30 am):
Unaccompanied Children; Low Cost Legal Services; DACA
(214) 295-9554
1910 Pacific Ave, Suite 5045
Dallas, TX 75201
www.raicetexas.org

Catholic Charities Immigration and Legal Services Dallas:

Main office:

Immigration Legal Services; DACA consultation; Food pantry; Diaper and formula pantry
Initial consultation fee: \$40 – \$80.
(214) 520-6590
Multiple location
1421 West Mockingbird Ln. Dallas 75247.

Insurance/Healthcare Assistance:

Community Council of Greater Dallas

Free enrollment assistance with all government funded healthcare programs (CHIP, Children's Medicaid, ACA); Employment help and case management.
(214) 871-5065
1341 W. Mockingbird Ln., Suite 1000W Dallas, TX, 75247

<https://www.ccadvance.org/>

Contact person: Daniel Bouton

Healthwell Foundation

Provides financial assistance to eligible patients to cover certain out-of-pocket health care cost.
(800) 675-8416
<https://www.healthwellfoundation.org/>

Housing, Food & Financial Assistance:

Call to ensure shelter availability. Shelters are sometimes full.

MDHADallas.org (Metro-Dallas Homeless Alliance)

*Resource which highlights all regional shelters and housing programs *must already be working with a caseworker*
(972) 638-5600
2816 Swiss Avenue
Dallas, TX 75204

Salvation Army Dallas Shelter & Services: Carr P. Collins Center

Multiple options of shelter according to need.
(214) 424-7000
5302 Harry Hines Blvd. Dallas, TX, 75235
<https://www.salvationarmydfw.org/p/services/homeless>

City Square

Housing program, Food pantry, health and wellness program, workforce development, legal representation.
(214) 823- 8710
1610 S. Malcolm X Blvd
Dallas TX 75226
www.citysquare.org

North Texas Food Bank (Dallas)

Food assistance, SNAP benefits; Nutrition services
(214) 330 - 1396
4500 S. Cockrell Hill Rd. Dallas, TX, 75236
<https://ntfb.org/>

Metrocrest Services

*Specializes in homelessness, job counseling, emergency financials *only service individuals who live in Carrollton, Farmers Branch, Addison, Coppell and City of Dallas in Denton County*
(G972) 446-2100
13801 Hutton Dr., Suite 150
Farmers Branch, TX, 75234
<https://www.metrocrestservices.org/index.php>

Genesis Women's Shelter (Dallas)

Shelter for women and children who experience Domestic Violence
(214) 946- 4357 (24 hour hotline)
(214) 389- 7700 (Counseling)
4411 Lemmon Ave., #201 Dallas, TX, 75219

Grand Prairie Lifeline Shelter for Families

(972) 642- 7744
123 W. Main St., Suite 300
Grand Prairie, TX, 75050
<https://gphns.org/profiles/lifeline-shelters-families/>

The Stewpot

Specializes in homelessness, Casework assistance; Assistance in retrieving important documents; Representative Payee program; Health and wellness services
(214) 746-2785
1822 Young Street Dallas, TX, 75201
<https://thestewpot.org/if-you-need-help>

Interfaith Family Services

Housing for homeless families.
214.827.7220
5600 Ross Avenue, Dallas, TX 75206
<https://interfaithdallas.org/>

Family Gateway

Family shelter and permanent supportive housing
214-823-4500
711 S. St. Paul St., Dallas, TX 75201

Arms of Hope-Duncanville Campus

*Shelter; Rental assistance; food pantry; utility assistance; parenting classes; *must live within certain zipcodes to get services please see website.*
(972) 892- 1865
101805 Walnut Hill Lane- 3rd Floor Dallas, TX 75238
www.armsofhope.org

White Rock Center of Hope

*Services Provided: food pantry, clothing closet, financial assistance and transportation assistance. *must live in the 75214,75218,75223,75228,75238 areas*
(214) 324-8996
10021A Garland Road Dallas, TX, 75228
<https://whiterockcenterofhope.org/>

short-term and long-term residential services for youth experiencing homelessness; Outreach w/counseling services. Specialty runaways and homelessness. Ages 10-17
(214) 941-8578
224 W. Page Ave.
Dallas, Texas 75208
<https://promisehouse.org/>

Promise House

Pregnancy and Parenting Services:

Buckner Children and Family Services

Family Pathways Program offers help for single-parent families. Family Hope Center provides families with critical services, aid, and coaching.
(214) 758-8023
700 N. Pearl St., Suite 1200, Dallas, TX 75201
<https://www.buckner.org/>

Thrive Women's Clinic

Provides medical, educational, and emotional support for women with unexpected pregnancies
214-343-9263
<https://thrivewomensclinic.com/>

East Dallas Clinic:

(214) 369-6281
12959 Jupiter Rd., Suite 260
Dallas, TX 75238

Central Dallas Clinic:

(214)343-9263
6500 Greenville Ave, Suite 600
Dallas, TX 75206

West Dallas Clinic:

(214) 905-9068
3901 Holystone St.
Dallas, TX 75212

Crisis and Suicide Hotlines

Organization	Number(s)
I'm Alive/Hope Line	Hopeline.com (online chat) Imalive.org 1-800-suicide (1-800-784-2433) or 1-800-442-4673
National Suicide Prevention Lifeline	1-800-273-TALK (1-800-273-8255) 1-800-799-4TTY (1-800-799-4889) Hearing and Speech Impaired
Online Emotional Support	CrisisChat.org
Youth America Hotline	1-877-YOUTHLINE (1-877-968-8454)
Veteran's Crisis Hotline	1-800- 273-8255, Press 1 Text to 838255
Crisis Text Line	Text "HOME" to 741741
National Sexual Assault Hotline	1-800-656-HOPE (1-800-656-4673)
National Domestic Violence Hotline	1-800-799-SAFE (1-800-799-7233)
Suicide and Crisis Center Hotline	214-828-1000
Parkland Victim Intervention Program Crisis Hotline	214-590-0430 214-590-2926
Dallas Area Rape Crisis Center	972-641-RAPE (972-641-7273)
Genesis Women's Shelter Hotline	214-946-HELP (214-946-4357)
Brighter Tomorrow's Domestic and Sexual Violence Hotline	972-262-8383
Homeless Crisis Line	888-411-6802