

# COUNSELING RESOURCES & REFERRALS

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# LOCAL COUNSELING

## **RICHARDSON**

MAS Dallas

Richland Oaks

offices in Richardson,  
McKinney, Plano and Prosper

## **ARLINGTON**

Arlington Center

Mending Clinic

## **ROCKWALL**

Rockwall Counseling  
and Wellness

## **PLANO**

Think Tank Counseling

Mighty Oaks Counseling  
and Wellness

Dr. Sarah Carlson \*sliding  
scale options\*

## **FRISCO**

Compassionate Psychiatric  
Services

Richland Oaks

offices in Richardson,  
McKinney, Plano and Prosper

## **WAXAHACHIE**

Taylor Counseling  
Group

## **ALLEN**

The Impact Counselors

\*sliding scale options\*

## **PSYCHOLOGY TODAY**

- Search by city or zip code
- Filter therapists by gender, religion, languages, etc. by clicking “more” and checking the boxes underneath

## **MAPS**

- Muslim Association for Psychological Services
- Find Muslim therapists in the DFW area

# FREE/LOW-COST COUNSELING

## CHRISTIAN WORKS FOR CHILDREN/GRIEF WORKS

- Sliding-scale counseling
- Adoption agency
- Program for pregnant women
- Blended families
- Families dealing with divorce
- Free children's grief support group
- Spanish speaking counselors
- **Location**
  - (972) 960 - 9981
  - 5440 Harvest Hill Road, Suite 140, Dallas, TX 75230

## FAMILY TREE PROGRAM COUNSELING

- Free counseling with a specialty in family systems
- Spanish speaking counselors
- **Locations**
  - Multiple locations available in Farmers Branch, Duncanville, Dallas, Garland, Grand Prairie, Richardson, Lewisville, and Denton
  - (888) 837 - 0666
  - (940) 387 - 7517
  - 1 (800) 972-3416 (Spanish)

## MOMENTOUS INSTITUTE

- Sliding-scale counseling
- After-school programs, ages 0-15
- Spanish speaking counselors
- **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

## CENTRO DE MI SALUD (CENTER FOR MY HEALTH)

- Spanish speaking counselors
- Individual and family counseling
- Psychiatric services
- **Location**
  - (214) 941 - 0798
  - (866) 260 - 8000 (crisis number)
  - 628 Centre Street, Dallas, TX 75208

## **FAMILY STUDIES**

### **CENTER AT UT**

### **SOUTHWESTERN**

- Family, couples and individual therapy (minors cannot be seen individually)
- \$20 per session
- Psychiatric care options
- English speaking only
- **Location**
  - (214) 648 - 6945
  - 8194 Walnut Hill Lane, Dallas, TX 75231

## **CHILD AND FAMILY**

### **GUIDANCE CENTER**

- Counseling and psychiatric services
- Case management
- Rehabilitative and skills training
- Spanish Speaking Counselors
- **Locations**
  - Multiple locations
  - (214) 351 - 3490
  - 1 (866) 695 - 3794 (toll free)

## **IRVING CARES**

- Services include counseling, information, and referrals
- Must be an Irving resident
- **Location**
  - (972) 721 - 9181
  - 440 S. Nursery Road, Suite 101, Irving, TX 75060

## **PASTORAL**

### **COUNSELING CENTER**

- Counseling and assessments
- Spanish speaking counselors
- **Locations**
  - (214) 526 - 4525
  - Multiple locations, call for appointment

## **JEWISH FAMILY**

### **SERVICES OF GREATER**

### **DALLAS**

- Counseling for children and adults
- Employment assistance
- Food pantry
- Financial assistance program
- **Location**
  - (972) 437 - 9950
  - 5402 Arapaho Road, Dallas, TX 75248

## **E. CARLYLE SMITH JR.**

### **HEALTH CENTER**

- **Location**
  - (214) 266 - 3400
  - 801 Conover Drive, Grand Prairie, TX 75051

## **IRVING FAMILY ADVOCACY CENTER**

- Free counseling in areas of domestic violence, sexual abuse, or victims of crime
- Must be an Irving resident, a victim of crime, or attend a school in Irving
- **Location**
  - (972) 721 - 6521
  - (972) 721 - 6553 (bilingual counseling)
  - 600 W. Pioneer Drive, Irving, TX 75061

## **CHILDREN FIRST COUNSELING CENTER**

- Sliding scale counseling
- Counseling specialties in victims of abuse and domestic violence
- Batterer Intervention Program targeted towards parents
- **Locations**
  - (972) 264 - 0604
  - 202 College Street, Grand Prairie, TX 75050

## **IRVING HEALTH CENTER**

- Sliding scale counseling
- Healthcare to children and adults, including behavioral health services, with referral from physician
- **Locations**
  - (214) 266 - 3000
  - 1800 North Britain, Irving, TX 75061

# SPECIALTY REFERRALS

## GRIEF COUNSELING & RESOURCES

### NORTH TEXAS GRIEF AND LOSS CENTER

- Grief support and education
- **Location**
  - (214) 452 - 3105
  - 4316 Abrams Road, Dallas, TX 75214

### CARSON'S VILLAGE

- Supports grieving families
- Helps find affordable burial options, raise money, and plan funerals
- **Contact Info**
  - 1 (877) 789 - 0722
  - [help@carsonsvillage.org](mailto:help@carsonsvillage.org)

### CHRISTIAN WORKS FOR CHILDREN/GRIEF WORKS

- Sliding-scale counseling
- Adoption agency
- Program for pregnant women
- Blended families
- Families dealing with divorce
- Free children's grief support group
- Spanish speaking counselors
- **Location**
  - (972) 960 - 9981
  - 5440 Harvest Hill Road, Suite 140, Dallas, TX 75230

# COUNSELING FOR SPECIAL POPULATIONS

## UT SOUTHWESTERN CENTER FOR AUTISM AND DEVELOPMENTAL DISABILITIES

- Medical care for autism and all other neurodevelopmental disabilities
- **Location**
  - (214) 456 - 7700
  - 6363 Forest Park Road, Dallas, TX 75235

## LUKE WAITES CENTER FOR DYSLEXIA AND LEARNING DISORDERS

- **Location**
  - (214) 559 - 7815
  - Texas Scottish Rite Hospital, 2222 Welborn Street, Dallas, TX 75219

# PSYCHIATRIC CARE

## **GREEN OAKS HOSPITAL**

- Outpatient and inpatient services
- Ages 12 and up
- **Contact Info**
  - (972) 991 - 9504
  - (800) 866 - 6554 (toll free)

## METROCARE

- Counseling and Pervasive Developmental Disorder services
- **Location**
  - (214) 743 - 1200
  - 1380 Riverbend Drive, Dallas, TX 75247

## **HICKORY TRAIL HOSPITAL**

- Outpatient and inpatient services
- **Location**
  - (972) 298 - 7323
  - 2000 N. Old Hickory Trail, DeSoto, TX 75115

## TEXAS HEALTH BEHAVIORAL HEALTH HOSPITAL - DALLAS

- Outpatient and inpatient services
- Ages 13 and up
- **Locations**
  - (682) 236 - 6023
  - 8200 Walnut Hill Lane, Dallas, TX 75231
  - 7808 Clodus Fields Drive, Dallas, TX 75251

## CHILDREN'S MEDICAL CENTER

- Child and adolescent psychiatry
- **Location**
  - (214) 456 - 5900
  - 1935 Medical District Drive, Dallas, TX 75235

## CHILDREN'S HEALTH SPARC PROGRAM

- Suicide prevention and resilience at Children's Health
- Intensive outpatient program for youth with suicidal behaviors
- **Location**
  - (214) 456 - 5900 (outpatient)
  - (214) 456 - 5937 (new patient)  
1935 Medical District Drive,  
Dallas, Texas 75235

## DALLAS BEHAVIORAL HEALTHCARE HOSPITAL

- Outpatient and inpatient services
- **Contact Info**
  - (855) 982 - 0897
  - 800 Kirnwood Drive, DeSoto, TX 75115

## BAYLOR HOSPITAL PSYCHIATRIC

- **Contact Info**
  - 1 (800) 422 - 9567 (physician referral line)
  - Multiple locations in Dallas and Fort Worth

# LGBTQ+ SERVICES

## RESOURCE CENTER – YOUTH FIRST

- Behavioral health services
- **Contact Info**
  - (214) 393 - 3640

## CRISIS & TRAUMA

### **PARKLAND HOSPITAL VICTIM INTERVENTION – CRISIS CENTER**

- Free counseling for victims of trauma, sexual abuse, and domestic violence
- Must be resident of Dallas County
- Spanish speaking counselors
- **Location**
  - (214) 590 - 2926
  - (214) 590 - 0430 (24-hour hotline)
  - 4811 Harry Hines, Dallas, TX 75208

### **ADAPT COMMUNITY SOLUTIONS**

- Free suicide and mental health evaluations and referrals
- Mobile crisis response
- **Location**
  - (866) 260 - 8000
  - 4333 Gannon Lane, Suite 101, Dallas, TX 75237

### **DALLAS AREA RAPE CRISIS CENTER**

- Free counseling for victims of sexual assault, sex trafficking, stalking and sexual harassment
- Legal and case management services
- Spanish speaking counselors
- **Location**
  - (972) 641 - 7273
  - 4210 Junius Street, Dallas, TX 75246

### **NEW FRIENDS NEW LIFE**

- Provides services to formerly trafficked girls and sexually exploited women and children
- **Contact Info**
  - (214) 965 - 0935

# DOMESTIC VIOLENCE

## MOSAIC FAMILY SERVICES

- Services for refugees and survivors of family violence and human trafficking
- **Location**
  - (214) 821 - 5393
  - (214) 823 - 4434 (24-hour crisis hotline)
  - 12225 Greenville Avenue, Suite 800, Dallas, Texas 75243

## GENESIS WOMEN'S SHELTER

- **Location**
  - (214) 389 - 7700 (counseling)
  - (214) 946 - 4357 (24-hour hotline)
  - 4411 Lemmon Avenue, #201, Dallas, TX 75219

## THE FAMILY PLACE

- Domestic violence emergency shelter
- **Contact Info**
  - (214) 559 - 2170
  - (214) 941 - 1991 (24-hour crisis hotline)

## TEXAS ADVOCACY PROJECT

- Free legal services, access to the justice system, and education for victims of domestic and dating violence, sexual assault, and stalking
- **Contact Info**
  - 1 (800) 374 - 4673

## HOPE'S DOOR

- **Location**
  - (972) 276 - 0423
  - (972) 276 - 0057 (24-hour crisis hotline)
  - 218 North Tenth Street, Garland, TX 75040

## BRIGHTER TOMORROWS

- **Location**
  - (972) 254 - 4003
  - (972) 262 - 8383 (24-Hour hotline)
  - 920 Bluebird Drive, Irving, TX 75061

# DRUGS & ALCOHOL

## NEXUS RECOVERY

### CENTER

- Outpatient and inpatient care
- For women aged 13+
- **Contact Info**
  - (214) 321 - 0156 x3118 (admission)
  - Multiple locations in Dallas

## THE COUNCIL ON ALCOHOL & DRUG ABUSE

- For ages 15+
- Provide substance abuse assessment, education, counseling, housing programs, and referrals
- **Location**
  - (214) 522 - 8600
  - 1349 Empire Central Drive, #800, Dallas, TX 75247

# SELF-INJURY

## ROOM FOR CHANGE/ AMANDA ESQUIVEL, MS, LPC, LCDC

- Counseling services for all needs
- Spanish speaking counselors
- **Location**
  - (940) 230 - 3381
  - 2536 Southern Drive, Garland, TX 75043

## PHOENIX HOUSE

- For teenagers
- **Location**
  - 1 (800) 378 - 4435
  - 2345 Reagan Street, Dallas, TX, 75219

## EATING RECOVERY CENTER OF DALLAS

- **Location**
  - (972) 479 - 5779
  - 4716 Alliance Blvd, Ste. 400, Plano, TX 75093

# IMMIGRATION ASSISTANCE SERVICES

## **CATHOLIC CHARITIES**

### **IMMIGRATION AND LEGAL SERVICES - DALLAS**

- Immigration legal services
- DACA consultation
- Food pantry
- Diaper and formula pantry
- Initial consultation fee of \$40 - \$80
- **Location**
  - (214) 520 - 6590
  - 1421 West Mockingbird Lane, Dallas, TX 75247 (main office)

## **RAICES DALLAS**

- Walk-in services M - Th in the mornings, beginning at 8:30 AM
- Immigration attorney services
- DACA consultation
- Low cost legal services
- **Location**
  - (214) 295 - 9554
  - 1910 Pacific Avenue, Suite 5045, Dallas, TX 75201

# INSURANCE & HEALTHCARE ASSISTANCE

## **COMMUNITY COUNCIL OF GREATER DALLAS**

- Free enrollment assistance for all government funded healthcare programs (CHIP, Children's Medicaid, ACA)
- Employment assistance
- Case management
- **Location**
  - (214) 871 - 5065
  - Contact person: Daniel Bouton
  - 1341 W. Mockingbird Lane, Suite 1000W, Dallas, TX 75247

## **HEALTHWELL FOUNDATION**

- Financial assistance to eligible patients to cover certain out-of-pocket healthcare costs
- **Contact Info**
  - (800) 675 - 8416

# HOUSING, FOOD & FINANCIAL ASSISTANCE

## METRO-DALLAS

### HOMELESS ALLIANCE

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

## METROCREST SERVICES

- Specializes in homelessness, job counseling, and emergency financials
- Must be resident of Carrollton, Farmers Branch, Addison, Coppell or City of Dallas in Denton County
- **Location**
  - (972) 446 - 2100
  - 13801 Hutton Drive, Suite 150, Farmers Branch, TX 75234

## SALVATION ARMY DALLAS SHELTER & SERVICES

- Multiple shelter options according to need
- **Location**
  - (214) 424 - 7000
  - 5302 Harry Hines Blvd, Dallas, TX 75235

## CITY SQUARE

- Housing program
- Food pantry
- Health and wellness program
- Workforce development
- Legal representation
- **Location**
  - (214) 823 - 8710
  - 1610 S. Malcolm X Blvd, Dallas, TX 75226

## THE STEWPOT

- Specializes in homelessness, health and wellness, casework assistance, and retrieving important documents
- Representative payee program
- **Location**
  - (214) 746 - 2785
  - 1822 Young Street, Dallas, TX 75201

## FAMILY GATEWAY

- Family shelter
- Permanent supportive housing
- **Location**
  - (214) 823 - 4500
  - 711 S. Paul Street, Dallas, TX 75201

## **GENESIS WOMEN'S SHELTER**

- For women and children who experience domestic violence
- **Location**
  - (214) 389 - 7700 (counseling)
  - (214) 946 - 4357 (24-hour hotline)
  - 4411 Lemmon Avenue, #201, Dallas, TX 75219

## **INTERFAITH FAMILY SERVICES**

- Housing for homeless families
- **Location**
  - (214) 827 - 7220
  - 5600 Ross Avenue, Dallas, TX 75206

## **ARMS OF HOPE - DUNCANVILLE CAMPUS**

- Shelter
- Rental assistance
- Utility assistance
- Food pantry
- Parenting classes
- Must live within certain zip codes to receive services (see website)
- **Location**
  - (972) 892 - 1865
  - 101805 Walnut Hill Lane, 3rd Floor, Dallas, TX 75238

## **NORTH TEXAS FOOD BANK**

- Food assistance
- SNAP benefits
- Nutrition services
- **Location**
  - (214) 330 - 1396
  - 4500 S. Cockrell Hill Road, Dallas, TX 75236

## **GRAND PRAIRIE LIFELINE SHELTER FOR FAMILIES**

- **Contact Info**
  - (972) 642 - 7744
  - 123 W. Main Street, Suite 300, Grand Prairie, TX 75050

## **WHITE ROCK CENTER OF HOPE**

- Food pantry
- Clothing closet
- Financial assistance
- Transportation assistance
- Must live within 75214, 75218, 75223, 75228, or 75238 zip codes
- **Location**
  - (214) 324 - 8996
  - 10021A Garland Road, Dallas, TX 75228

## **PROMISE HOUSE**

- Short and long-term residential services for youth experiencing homelessness
- Outreach and counseling services
- Ages 10-17
- **Location**
  - (214) 941 - 8578
  - 224 W. Page Avenue, Dallas, Texas 75208

## **PREGNANCY & PARENTING SERVICES**

### **THRIVE WOMEN'S CLINIC**

- Medical, educational, and emotional support for women with unexpected pregnancies
- **East Dallas Location**
  - (214) 369 - 6281
  - 12959 Jupiter Road, Suite 260, Dallas, TX 75238
- **Central Dallas Location**
  - (214) 343 - 9263
  - 6500 Greenville Avenue, Suite 600, Dallas, TX 75206
- **West Dallas Location**
  - (214) 905 - 9068
  - 3901 Holystone Street, Dallas, TX 75212

### **BUCKNER CHILDREN AND FAMILY SERVICES**

- Family Pathways Program for single-parent families
- Family Hope Center for families needing critical services, aid, and coaching
- **Location**
  - (214) 758 - 8023
  - 700 N. Pearl Street, Suite 1200, Dallas, TX 75201

# CRISIS & SUICIDE HOTLINES

## **I'M ALIVE/HOPE LINE**

- Hopeline.com (online chat)
- Imalive.org
- 1 (800) 784 - 2433 or 1 (800) 442 - 4673

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## **NATIONAL SUICIDE PREVENTION LIFELINE**

- 1 (800) 273 - 8255
- 1 (800) 799 - 4889 (hearing and speech impaired)

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## **VETERAN'S CRISIS HOTLINE**

- 1 (800) 273 - 8255, then press 1
- Text to 838255

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## **YOUTH AMERICA HOTLINE**

- 1 (877) 968 - 8454)

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## **ONLINE EMOTIONAL SUPPORT**

- CrisisChat.org

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## **CRISIS TEXT LINE**

- Text "HOME" to 741741

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## **NATIONAL SEXUAL ASSAULT HOTLINE**

- 1 (800) 656 - 4673

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## **NATIONAL DOMESTIC VIOLENCE HOTLINE**

- 1 (800) 799 - 7233

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## **SUICIDE AND CRISIS CENTER HOTLINE**

- (214) 828 - 1000

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## **DALLAS AREA RAPE CRISIS CENTER**

- (972) 641 - 7273

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## **GENESIS WOMEN'S SHELTER HOTLINE**

- (214) 946 - 4357

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## **HOMELESS CRISIS LINE**

- (888) 411 - 6802

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## **PARKLAND VICTIM INTERVENTION PROGRAM CRISIS HOTLINE**

- (214) 590 - 0430
- (214) 590 - 2926

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## **BRIGHTER TOMORROW'S DOMESTIC AND SEXUAL VIOLENCE HOTLINE**

- (972) 262 - 8383