

Mental Health Resources

Hotlines

| Crisis/Suicide Prevention Hotlines | | |
|--|---|---|
| Adapt Hotline (24/7 mobile crisis hotline) | 1-866-260-8000 | |
| Crisis Text Line | Text HOME to 741-741 | People of color can text the special keyword STEVE to 741-741 |
| National Suicide Prevention Lifeline | 1-800-273-8255 | |
| Suicide Crisis Center of North Texas | 214-828-1000 | |
| Coronavirus Support Lines | | |
| NTBHA COVID-19 Mental Health Support Line | 833-251-7544 – Available 24/7 | |
| Metrocare Coronavirus Support Line | 214-743-1215 – Available 8:00-5:00, M-F | |
| Texas Health & Human services | 833-986-1919 – Available 24/7 | |
| Other Hotlines | | |
| National Domestic Violence Hotline | 1-800-799-7233 | Text LOVEIS to 22522 |
| National Sexual Assault Hotline | 1-800-656-4673 | |
| Texas Youth Helpline | 1-800-989-6884 | Text 512-872-5777 |
| The Trevor Project (for LGBTQ students) | 1-866-488-7386 | Text START to 678-678 |

Virtual Counseling

| The Center Counseling | |
|--|-------------------------|
| 214-526-4525 | thecentercounseling.org |
| <ul style="list-style-type: none"> • Various locations • Currently offering tele-counseling/virtual counseling • Accepting new clients • Spanish intake line available | |

| Child & Family Guidance Center | |
|---|---------------------------------|
| 214-351-3490 | childrenandfamilies.org |
| For telehealth: 469-591-1520 | telehealth@childandfamilies.org |
| <ul style="list-style-type: none"> • 8 North Texas clinics, open 8:00-5:00, M-F • Continuing to provide all services, as well as increased telehealth services • Spanish intake line available | |

| Family Tree Program | |
|---|-----------------------|
| 1-888-837-0666 (ext. 7) | familytreeprogram.org |
| 940-387-7517 | |
| Spanish: 1-800-972-3416 | |
| <ul style="list-style-type: none"> • Various locations in Dallas & Denton • Free tele-counseling • Specialty in family systems | |

| UTSW Family Studies Center | |
|---|---|
| 214-648-6945 | 6363 Forest Park Rd., Tower 2, 7 th Floor, Suite 722, Dallas, TX 75390 |
| <ul style="list-style-type: none"> • Affordable fees on a sliding scale • Psychiatric care options available • No Spanish-speaking clinicians at this time | |

| Metrocare | |
|---|-----------------------|
| 214-743-1200 | metrocareservices.org |
| <ul style="list-style-type: none"> • Various locations, open 8:00-5:00, M-F • Call the clinic nearest you • Telehealth services available • Spanish intake line available | |

| CounselingWorks | |
|--|-------------------------------------|
| 972-960-9981 | 5440 Harvest Hill Rd., Suite 140 |
| christian-works.org | Dallas, TX 75230 |
| <ul style="list-style-type: none"> • Christian counseling center • Spanish intake line available | |

| Other | | |
|---|--------------------|---|
| Here For Texas Mental Health Navigation Line | 972-525-8181 | 10:00-6:00, Monday-Friday. You'll be connected to someone who can offer support and information about mental health resources in your area. |
| Mental Health America of Greater Dallas | mhadallas.org/help | Free mental health screening |

Grief Resources

| | | |
|---|--|---|
| Carson's Village | 1-877-789-0722 help@carsonsvillage.org carsonsvillage.org | Carson's Village works with families to find affordable burial options, raise money, plan a funeral and then support them through their grieving. |
| GriefWorks | 972-960-9981 5440 Harvest Hill Rd., Suite 140 Dallas, TX 75239 | GriefWorks is a free grief support program for children ages 5-18 and their adult family members. Currently offering telephone/virtual sessions. |
| Grief & Loss Center of North Texas | 214-452-3105 mygriefandloss.org | The Grief & Loss Center is talking with new clients by phone and meeting with support groups through Zoom. All services are free. |

Mental Health Hospitals

| | | |
|--|--------------------------------------|--|
| Dallas Behavioral Healthcare Hospital | 972-982-0900 dallasbehavioral.com | 800 Kirnwood Dr. De Soto, TX 75115 |
| Hickory Trail Hospital | 972-298-7323 hickorytrail.com | 2000 N. Old Hickory Trail De Soto, TX 75115 |
| Medical City Green Oaks | 972-991-9504 | 7808 Clodus Field Dr. Dallas, TX 75251 |