**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](http://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](http://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.google.com/search?q=new+friends+new+life&rlz=1C1CHBF_enUS863US863&oq=New+Friends+New+Life&aqs=chrome.0.0j46j0l5j69i60.688j0j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on)

<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/>

**Genesis Women’s Shelter (Dallas)**

(214) 389-7700 (counseling)

(214) 946-4357 (24-Hour Hotline)

4411 Lemmon Ave., #201

Dallas, TX, 75219

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

**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://mosaicservices.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*, c*ounseling, 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.raicestexas.org](http://www.raicestexas.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.

www.[ccdallas.org](http://ccdallas.org/)

**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

**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](http://www.citysquare.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>

**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>

**Family Gateway**

*Family shelter and permanent supportive housing*

214-823-4500

711 S. St. Paul St., Dallas, TX 75201

**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>

**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/>

**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/>

**Interfaith Family Services**

*Housing for homeless families*.

214.827.7220

5600 Ross Avenue, Dallas, TX 75206

<https://interfaithdallas.org/>

**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](http://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/>

**Promise House**

*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/>

**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.org1-800-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 1Text 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 |