**Non-Emergency Police Numbers:**

Arlington Police Department: (817) 274-4444

Ft. Worth Police Department: (817) 335-4222

**\*Dial 2-1-1 on your phone to receive FREE Resource Information & Referrals based on your needs; available 24/7**

**FREE and/or LOW-COST COUNSELING SERVICES**

**Fort Worth:**

**Lena Pope**

*Provide support, education and behavioral intervention to youth and families. Sliding scale fees.*

(817) 255-2500

3200 Sanguinet St.

Fort Worth, TX, 76107

**The Warm Place**

*Grief support and counseling services for children and their families.*

(817) 870-2272

809 Lipscomb St.

Fort Worth, TX 76104

**ACH Child & Family Services**

*Counseling, family programs, crises response & drug/alcohol. Referrals to STAR program completed by Social Counselor for free counseling. Psychoeducation classes for youth also provided through the STAR program.*

(817) 335-4673

3712 Wichita St.

Ft. Worth, TX, 76119

**MHMR of Tarrant County**

*Suicide assessments, crisis response, counseling, developmental disability counseling & drug/alcohol*

Information Line: 1 (800) 866 -2465

Developmental Disabilities: (817) 569-4000

1300 Circle Dr.

Ft. Worth, TX, 76119

**Catholic Charities of Fort Worth**

*Sliding scale or free counseling*

(817) 534-0814

249 W. Thornhill Dr.

Ft. Worth, TX, 76115

**The Art Station**

*Therapy through art for adolescents. Offering individual and group sessions. Medicaid/CHIP eligible.*

(817) 921-2401

1616 Park Place

Fort Worth, Texas 76110

**Grand Prairie:**

**Children First Counseling Center**

*General counseling services, also offers a Batterer Intervention Program targeted towards parents*

(972) 264-0604

202 College St.

Grand Prairie, TX, 75050

**Arlington:**

**New Horizons Counseling Center**

*Locations in Fort Worth, Arlington and HEB area.*

(817) 522-1095

1601 E. Lamar Blvd. Suite 210

Arlington, Texas 76011

**Catholic Charities of Arlington**

*Sliding scale or free counseling*

(817) 534-0814

917 W. Sanford St.

Arlington, TX, 76012

**COUNSELING SERVICES FOR SPECIAL POPULATIONS**

**The Telos Project**

*Testing provided for ADHD, Autism, etc. as well as individual therapy for children/adolescents. All insurance and Medicaid accepted.*

(682) 841-1475

1650 W. Rosedale St. Suite 305

Fort Worth, Texas 76104

**Child Study Center-Ft. Worth**

*Provides diagnosis, treatment, and education for children with complex developmental and behavioral disabilities*

(817) 336-8611

1300 West Lancaster Ave.

Fort Worth, TX 76102

**PSYCHIATRIC SERVICES**

**Millwood Hospital**

*Inpatient psychiatric services and outpatient mental health and chemical dependency care. Free assessments 24 hours. Services for children ages 5 and older.*

(817) 261-3121

1011 N. Cooper St.

Arlington, TX 76011

**Texas Health Behavioral Health Hospital - Arlington**

*Services for teens and adults struggling with mental illness, behavioral health issues and /or addiction. Free assessments provided.*

(682) 236-6023

800 W. Randol Mill Rd.

Arlington, TX, 76012

**Texas Health-Springwood Hospital**

*Psychiatric, mental, addiction and behavioral health treatment facility.*

(817) 355-7777

(682) 236-6023

2717 Tibbets Dr.

Bedford, TX 76022

**JPS Health Network-Trinity Springs Pavilion**

*24 hour-a-day, 7 day-a-week emergency psychiatric services for adults and adolescents ages 13-17 in a mental health crisis.*

(817) 927-3636

1500 S. Main St.

Fort Worth, TX 76104

**Perimeter Behavioral Hospital of Arlington**

*Inpatient, Partial Hospitalization and Intensive Outpatient services for children age 5-12 and adolescents (13-17). Free assessments 24 hours.*

(817) 662-6342

7000 US Highway 287 N

Arlington, Texas 76001

**Cook Children's Medical Center-Ft. Worth**

*Inpatient Treatment: 2-12 years old*

*Partial Hospitalization Program: 6- 17 years old*

(682) 885-3917

801 7th Avenue

Fort Worth, TX 76104

**The Excel Center-Fort Worth**

*Offers Partial Hospitalization and Intensive Outpatient programs for youth and adolescents. Free assessments by appointment only.*

(817) 335-6429

1220 West Presidio Street

Fort Worth, Texas 76102

**Mesa Springs and Innovations Outpatient**

*Behavioral health hospital offering inpatient and outpatient mental health and addiction treatment to adults, adolescents, and their families.*

(817) 985-3480

5560 Mesa Springs Drive

Fort Worth, TX 76123

**LGBT SERVICES**

**Tarrant County Lesbian & Gay Alliance**

(817) 877-5544

**SUBSTANCE ABUSE SERVICES**

**Santa Fe Adolescent Services**

*Substance abuse prevention and counseling services for adolescents and their families.*

(817) 492-4673

7524 Mosier View Ct. Suite 200 Fort Worth, TX 76118

**Right Step- Residential Treatment Center**

*Addiction treatment services for adolescents-13-17.*

(844) 875-8689

2219 W. Euless Blvd. Euless, Texas 76040

**CRISIS/TRAUMA SERVICES**

**MHMR Tarrant – Crisis Relief (Mobile)**

*The mobile Crisis Outreach Team provides a combination of face-to-face, 24-hour crisis services to children, adolescents and adults in Tarrant County. Free mental health assessments; will come to your residence or current location if needed.*

[817-335-3022](about:blank) (Call or Text)

800-866-2465 (Toll Free)

**Community Counseling Center – Texas Wesleyan**   
(817) 531-4859

3110 Rosedale St   
Fort Worth, TX 76105

**Trauma Support Services of North Texas**   
*Free crisis counseling services.*

(817) 378-7158 (Fort Worth)

1000 Bonnie Brae Ave   
Fort Worth, TX 76111

**Alliance for Children**

*Assessments, case management and group counseling for confirmed victims of child physical and sexual abuse and their protecting parents.*

(817) 335-7172

1424Summit Avenue

Fort Worth, TX 76104

**DOMESTIC VIOLENCE**

**Safe Haven of Tarrant County**

*Domestic Violence Emergency Shelter as well as domestic violence-related counseling services.*

**Arlington:**

(817) 548-0583

(877) 701-7233 (24-Hour Hotline)

401 W. Sanford, Suite 1400

Arlington, TX, 76011

**Ft. Worth:**

(817) 536- 5496

(877) 701-7233 (24-Hour Hotline)

1100 Hemphill Street, Suite 101 Fort Worth, TX, 76104

**The Family Place**

*Domestic Violence Emergency Shelter*

24 Hour Crisis Hotline: (214) 941-1991

Main Line: (214)-559-2170

**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/>

**SELF-INJURIOUS BEHAVIORS**

**Eating Recovery Center Texas- Fort Worth**

*Provides partial hospitalization program and intensive outpatient services for a various range of disorders.*

(817) 618-9933

4200 S. Hulen St. Suite 436 Fort Worth, Texas 76109

**LifeOlogie Counseling Fort Worth**

*Therapist specifically specializing in self-harming behaviors.*

(817) 870-1087

1208 W. Magnolia Ave. Fort Worth, Texas 76104

**INSURANCE/HEALTHCARE ENROLLMENT ASSISTANCE**

**North Texas Area Community Health Centers**

*Free enrollment assistance with all government funded healthcare programs, (CHIP, Children’s Medicaid, ACA) and SNAP benefits. Multiple locations in Fort Worth and one in Arlington.*

(817) 625-4254

**JPS Connections**

*Provides assistance to patients without health insurance.*

(817) 702-1001

1325 S. Main St.

Fort Worth, Texas 76104

**EMERGENCY SHELTER and HOUSING ASSISTANCE**

***\*Call to ensure shelter availability. Shelters are sometimes full\****

**Union Gospel Mission of Tarrant County**

(817) 339-2553

1331 E Lancaster Ave.

Fort Worth, Texas 76102

**Grand Prairie Lifeline Shelter for Families**

(972) 642- 7744

123 W. Main St., Suite 300

Grand Prairie, Texas 75050

**Salvation Army Fort Worth Mabee Center**

(817) 344-1800

1855 E. Lancaster Ave.

Fort Worth, Texas 76103

**Tarrant County Housing Assistance Office**

(817) 531-7640

2100 Circle Dr., Ste. 200

Fort Worth, Texas 76119

**Housing Channel**

*Provides eligible families with counseling to educate about down payment and closing cost assistance*

(817) 924-5091

4200 South Freeway. Suite307

Fort Worth, Texas 76115

**Presbyterian Night Shelter**

(817) 632-7400

2400 Cypress St.

Ft. Worth, Texas 76102

**Arlington Life Shelter**

(817) 548-9885

325 W. Division Street

Arlington, Texas 76011

**FOOD, RENTAL and UTILITIES ASSISTANCE SERVICES**

**Tarrant Area Food Bank (Fort Worth)**

(817) 857- 7100

2600 Cullen Street

Ft. Worth, TX, 76107

\*\*See comprehensive list of mobile food pantries in Tarrant County

**Catholic Charities of Ft. Worth**

*Provides emergency/immediate financial crisis, rental assistance, and food assistance*

(817) 534-0814

249 W. Thornhill Dr.

Ft. Worth, TX, 76115

**Community Action Partners of Tarrant County**

*Provides emergency household financial assistance (rent and utilities)*

*Multiple locations in Fort Worth and Arlington*

(817) 392-5780

4200 South Freeway #2310

Fort Worth, Texas 76115

**Tarrant County Department of Human Services**

*Temporary financial assistance program assisting with rent, mortgage*

*Utilities, personal hygiene, transportation, etc.*

(817) 531-5620

1200 Circle Dr.

Fort Worth, Texas 76119

**Charter Spectrum**

*Free broadband and Wi-Fi for students K-12 for 60 days. Must be a new customer.*

1 (844) 488-8395

**Mission Arlington**

*Provides rental, utility, clothing, and food assistance*

(817) 277-6620

210 W. South St. Arlington, Texas 76010

**Comcast**

*Provides 60 days of free internet services for all NEW essentials’ customers through the end of the year*

1-855-846-8376 for English

1-855-765-6995 for Spanish

**Broadway Baptist Center Fort Worth**

*Provides rental assistance; $75 maximum per family*

(817) 336-7464

305 W. Broadway St.

Fort Worth, Texas 76104

**South Central Alliance of Churches**  
*Provides rental and utility assistance. Also provides diapers, baby formula and bus passes.*

(817) 923-0486

2101 Hemphill St.

Fort Worth, Texas 76110

**IMMIGRATION ASSISTANCE SERVICES**

**World Relief of Fort Worth**   
([817) 924-0748](about:blank)

4059 Bryan Ave.   
Fort Worth, TX 76110  
<http://worldrelief.org/fortworth/immigration>

**Refugee Services of Texas**   
([817)457-8110](about:blank)

5009 Brentwood Stair Rd., Ste. 102  
Fort Worth, TX 76112  
<http://www.refugeeservicesoftexas.org/Fort_Worth.html>

**Catholic Charities Fort Worth**

([817) 534-0814](about:blank)

[infocatholiccharities@ccdofw.org](mailto:infocatholiccharities@ccdofw.org)

**RAICES Fort Worth**

*Andrea Aguilar, Managing Attorney*

*Services (by appointment only):*

*Unaccompanied Children; Low Cost Legal Services; DACA*

([817) 717-9377](about:blank)

4200 South Freeway, Suite 702

Fort Worth, TX 76115

<https://www.raicestexas.org/pages/uam>.

**PREGNANCY and PARENTING SERVICES**

**The Parenting Center**

*Counseling, parent education, case management and a telephone parenting advice line.*

(817) 332-6348

Parenting Advise Line: (817) 332-6399

2928 W 5th Street

Fort Worth, TX 76107

**Parents as Teachers, FWISD**

*Home-based visiting program through the FWISD that partners with parents to ensure their children are healthy and ready to succeed in school and life. For parents with children in the home up to age 5.*

(817) 814-3330

Contact Ms. Julie Miers, Coordinator

**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) |
| Rape Crisis and Victims Services, Tarrant County | 817-927-2737 |
| Genesis Women’s Shelter Hotline | 214-946-HELP (214-946-4357) |
| Brighter Tomorrow’s Domestic and Sexual Violence Hotline | 972-262-8383 |