



**2018 Mental Health Resources** **Updated: July 27, 2018**

**Listing here does not constitute endorsement.**

**Crisis Lines:**

- 1. The Family Place – 24/7 Crisis Hotline.....214-941-1991
- 2. Suicide & Crisis Center of North Texas 24/7 Crisis Line.....214-828-1000
  - a. Text: Saturday, Sunday, 6pm-10pm.....972-533-3323
  - b. Admin Office.....214-824-7020
- 3. National Suicide Prevention Lifeline.....1-800-273-8255
  - a. Veterans Crisis Line.....1-800-784-2433
- 4. VA Medical Center Veterans Crisis Line.....1-800-273-825, Press 1
- 5. Collin County Life Path Crisis Hotline.....1-877-422-5939
- 6. Adapt 24/7 Mobile Crisis Hotline.....1-866-260-8000

**Crisis and Commitment Procedures:**

- 1. Mental Illness Court (Mental Illness Warrants).....214-653-7485 or 7418
- 2. Dallas Police (Emergency).....911
- 3. Dallas Police (Non- Emergency).....214-744-4444
- 4. Crisis Intervention Mental Health Liaison.....214-681-1795
- 5. Dallas Public Defender.....214-653-3550
- 6. Lew Sterrett Mental Health Liaison.....214-653-3667

**Referrals to Behavior Services**

**Chemical Dependency Clinics:**

- 1. Turtle Creek Recovery Center.....214-871-2496
- 2. Solace Counseling and Associates.....214-522-4640
- 3. Nexus Recovery (Women).....214-321-0156
- 4. Homeward Bound Recovery Center.....214-941-3500
- 5. Phoenix House (Addiction and Dual Diagnosis Treatment for Adolescents).....214-999-1044
- 6. Lew Sterrett Mental Health Liaison.....214-653-3667
- 7. American Addiction Center Greenhouse.....817-640-4000

**Psychiatric Evaluations:**

- 1. University of Texas-Southwestern Medical Center
  - Administrative Office (Adult Psychiatry).....214-648-5555
  - Adult Psychiatry Clinic.....214-648-8500
  - UTSW Psychiatry (No Insurance – Application).....214-648-7012
  - Pediatric Psychiatry Outpatient (Children’s Health Center).....214-456-5900
- 2. Children’s Medical Center (Pediatric Psychiatry).....214-456-8899
- 3. Parkland Behavioral Health Center (Psychiatry).....214-590-5536
- 4. North Texas Behavioral Health Authority (No Insurance).....1-877-653-6363 or 214-366-9407

**Hospitals:**

- 1. Dallas Behavioral Healthcare Hospital (Children and Adolescents) (Desoto).....972-982-0897
- 2. Garland Behavioral Hospital.....214-381-7181 or 1-800-426-4944



3. Hickory Trail Hospital (Cedar Hill).....	972-298-7323
4. Medical City Green Oaks Hospital.....	972-991-9504
5. Methodist Richardson Medical Center (Mental Health Services).....	469-204-6920
6. Parkland Behavioral Health Center.....	214-590-5536
7. Parkland Health and Hospital System (Hospital).....	214-590-8000
8. Terrell State Hospital.....	972-563-6452
9. Texas Health Presbyterian Behavioral Health.....	682-236-6023
10. Texas Health Presbyterian Dallas (Hospital).....	214-345-7355
11. VA Medical Center (Mental Health Services).....	214-857-0853
12. UT- Southwestern, Zale Liphshy (Psychiatry).....	214-630-7285

**Clinics:**

1. Metrocare @Lifenet.....	214-221-5433
2. Metrocare (Admin Office).....	1-877-283-2121 or 214-743-1200
3. Child and Family Guidance Center (General Counseling).....	214-351-3490
4. Pastoral Counseling and Education Center (Love Field).....	214-526-4525
5. Jewish Family Services (North Dallas).....	972-437-9950
6. Centro De Mi Salud (Spanish).....	214-941-0798
7. Momentous Institute	
a. Harry Hines.....	214-916-4000
b. Oak Cliff.....	214-915-4700
8. Dallas Challenge, Inc (Youth).....	972-566-4680
9. Mobile Counseling- Home (Janie Stubblefield, LPC).....	214-542-5642

**Comprehensive Resource Database:**

1. Here For Texas (Grant Halliburton)
  - <https://www.herefortexas.com/index.html>
2. Start Your Recovery (Substance Abuse Treatment Resources)
  - [StartYourRecovery.org](http://StartYourRecovery.org)
3. GoGrad (Graduate Student Mental Health)
  - <https://www.gograd.org/resources/grad-student-mental-health/>

**Individual Psychiatrists:**

1. Dallas County Medical Society (Private MD Referrals)
  - <http://www.dallas-cms.org>

**Individual Therapists/Counselors:**

1. Dallas Psychological Association (Counseling Referrals)
  - <https://www.dpadallas.org>
2. Find Counselors in Dallas
  - <http://www.networktherapy.com/>

**Referrals to Other Services**

**Housing:**

1. Planned Living Assistance Network (P.L.A.N.).....	972-690-7526
2. Dallas Housing Authority.....	214-951-8300



- 3. Recovery Inn- Sober Living Housing (Women only).....214-341-6000
- 4. Shelters
  - a. Austin Street Center.....214-428-4242
  - b. Calvert Place Men’s Shelter (Union Gospel Mission).....214-637-6117
  - c. Center of Hope, Women’s/Children’s Shelter (Union Gospel Mission).....214-638-2988
  - d. Dallas Life Foundation.....214-421-1380
  - e. Salvation Army Lodge (Men only).....214-424-7076
  - f. Salvation Army Women’s Shelter.....214-424-7112

**Employment Services:**

- 1. Department of Assistive & Rehabilitative Services (DARS).....1-800-628-5115
- 2. Goodwill Industries of Dallas.....214-638-2800

**Legal Aid:**

- 1. Disability Rights Texas.....214-630-0916
- 2. Disability Action Center.....214-348-6000
- 3. Texas Access to Justice Commission.....1-512-320-0099

**Drop-in Center:**

- 1. The Well.....214-393-5878

**Other Support Groups:**

- 1. Association of Persons Affected by Addiction (APAA).....214-634-2777
- 2. Dual Recovery Anonymous (DRE) (Dallas Friends Meeting – Mental Illness/Substance Abuse)
  - a. 5828 Worth Street, Dallas TX 75214
  - b. Monday 5:00 – 6:00, Friday 6:30 – 7:30
- 3. Depression and Bipolar Support Alliance (DBSA).....Metro 817-654-7100
- 4. Recovery International (RI).....469-332-768
  - a. Kathy Shannon.....972-239-3227
- 5. National Alliance on Mental Illness (NAMI) Dallas.....214-341-7133
- 6. Mental Health America Greater Dallas (MHA-Dallas) Community Education.....214-871-2420
- 7. Alcoholics Anonymous (AA-Dallas Intergroup Assoc.-Central).....214-887-6699

**Other Community Resources:**

- 1. Social Security Administration (Local Office).....1-800-772-1213
- 2. Texas Health and Human Service Commission (211 Texas).....1-877-541-7905
- 3. The Senior Source (Senior/Elderly Focused).....214-823-5700

**Warm Lines** (Not Crisis Line)

- 1. Mental Health America of Greater Tarrant County (1pm-5pm, Weekdays).....1-817-546-7826
- 2. KEYS Consumer Organization (8am – 4:30pm, Weekdays).....1-800-933-5397
- 3. Directory of Warm Lines
  - <http://www.warmline.org/#texas>