

Community Resources and Referrals (Dallas County)



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

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

North Texas Grief and Loss Center

(214) 452-3105

4316 Abrams Rd., Dallas, TX
75214

Grief Works

Free children's grief support group

972-960-9981

5440 Harvest Hill Rd., Suite 140

Dallas, TX 75230

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

(Parkland Hospital) Victim Intervention – Crisis Center

Free Counseling for All Issues; specialists available for Rape & Trauma

214-590-2926

(214) 590-0430 (24- hour hotline)

4811 Harry Hines

Dallas, TX 75208

*Spanish Speaking Counselors

Centro de Mi Salud (Center for My Health)

Spanish Speaking Specialty; individual and family counseling; psychiatric services

(214) 941-0798

628 Centre St.

Dallas, TX 75208

Pastoral Counseling Center

Counseling and Assessments;

Multiple locations, call for appointment

(214) 526-4525

Family Studies Center at UT-Southwestern

Sliding scale, affordable fees; also psychiatric care options

(214) 648-6945

6363 Forest Park Rd.

Tower 2, 7th floor, Suite 722

Dallas, TX, 75390

Child and Family Guidance Center

Counseling and psychiatric services; case management; rehabilitative and skills training

(214) 351- 3490

1-866-695-3794 (toll free)

Irving:

Irving Family Advocacy Center

Free counseling services

(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

Irving Cares

Offers range of services, including counseling information and referral

(972) 721-9181

440 S. Nursery Rd., Suite 101

Irving, TX 75060

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

E. Carlyle Smith Jr. Health Center

(214) 266 - 3400

801 Conover Dr.

Grand Prairie, TX, 75051

DISCLAIMER: This informational list does not necessarily imply endorsement or support of the professionals listed below

SPECIALTY REFERRALS:

Counseling for Special Populations:

Metrocare

Counseling & Pervasive Developmental Disorder Services
(214) 743 - 1200
1380 Riverbend Drive
Dallas, TX, 75247

UT Southwestern Center for Autism and Developmental Disabilities

Medical care for autism and all other neurodevelopmental disabilities
(214) 648-0102

Luke Waites Center for Dyslexia and Learning Disorders

Located at Texas Scottish Rite Hospital
(214) 559-7815
2222 Welborn St., Dallas, TX 75219

Dyslexia and learning disabilities

Luke Waites Center for Dyslexia and Learning Disorders
Located in the Texas Scottish Rite Hospital
(214) 559-7815
2222 Welborn St.
Dallas, TX 75219

Psychiatric Care:

Green Oaks Hospital

(972) 991-9504 / (800) 866-6554 (Toll-Free)
7808 Clodus Fields Drive
Dallas, TX, 75251

Hickory Trail Hospital

(972) 298-7323
2000 N. Old Hickory Trail
DeSoto, TX, 75115

Dallas Behavioral Healthcare Hospital

(855) 982-0897
800 Kirnwood Dr
DeSoto, TX, 75115

Texas Health Behavioral Health Hospital - Dallas

(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

Parkland Hospital

(214) 590-8761 (Psychiatric Emergency Unit)
5201 Harry Hines Blvd.
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) 879-0400
3918 Harry Hines Blvd.
Dallas, TX 75219
www.rcdallas.org/youth

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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

Adapt Healthcare – Hotline

Provides FREE suicide & mental health evaluations, and referrals

(866) 260-8000
4333 Gannon Lane, Suite 101
Dallas, TX

Parkland Victim Intervention Center

(214) 590-2926
24 Hour Crises Hotline: (214) 590-0430
5201 Harry Hines Blvd.
Dallas, TX, 75235

Dallas Area Rape Crisis Center

(972) 641-7273
4210 Junius St.
Dallas, TX, 75246

Domestic Violence:

Hope's Door

24 Hour Crisis Hotline: 972-276-0057
Main line 972-276-0423
218 North Tenth Street, Garland, TX 75040

Genesis Women's Shelter (Dallas)

(214) 389-7700 (counseling)
(214) 946-4357 (24-Hour Hotline)
4411 Lemmon Ave., #201
Dallas, TX, 75219

The Family Place

Domestic Violence Emergency Shelter
24 Hour Crisis Hotline: 214-941-1991
Main line 214-559-2170

Brighter Tomorrows

(972) 262-8383 (24-Hour Hotline)
(972) 254-4003
920 Bluebird Dr.
Irving, TX, 75061

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

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

Phoenix House – Teens

1 (800) 378-4435
2345 Reagan St.
Dallas, TX, 75219

The Council on Alcohol & Drug Abuse- Dallas

Substance abuse assessment and referrals out
(214) 522-8600
1349 Empire Central Dr., #800
Dallas, TX, 75247

Right Step - Residential Treatment

Ages 13-17
(844) 875-8689
2219 W. Eules Blvd. Eules, Texas 76040

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Self-Injury:

Eating Recovery Center of Dallas

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

Amanda Esquivel, MS, LPC, LCDC

(940) 230 – 3381
675 Town Square Blvd, Ste. 200
Garland, TX, 75040

Immigration Assistance Services:

RAICES Dallas:

Andrea Aguilar, Managing Attorney
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

Catholic Charities Immigration and Legal Services Dallas:

Central Office:

Individual consultations provided Monday-Saturday
(first-come, first-served). By appointment and walk-ins
accepted, beginning at 7:30 a.m. Initial consultation fee:
\$40 – \$80.
(214) 520-6590
9461 LBJ Fwy. Suite 100
Dallas, TX 75243

West Dallas Office:

By appointment only – Please call and set up time in
order to be served. Monday-Friday starting at 8:00 a.m.
(214) 217-5600
2323 N. Walton Walker Blvd.
Dallas, TX 75212

Insurance/Healthcare Assistance:

Community Council of Greater Dallas

Free enrollment assistance with all government funded
healthcare programs (CHIP, Children's Medicaid, ACA)
(469) 740-6071
1341 W. Mockingbird Ln., Suite 1000W
Dallas, TX, 75247
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/>

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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

(972) 638-5600

2816 Swiss Avenue

Dallas, TX 75204

Metrocrest Services

Specializes in homelessness, job counseling, emergency financials

(972) 446-2100

13801 Hutton Dr., Suite 150

Farmers Branch, TX, 75234

The Stewpot

(214) 746-2785

1835 Young Street

Dallas, TX, 75201

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

(214) 424-7000

5302 Harry Hines Blvd.

Dallas, TX, 75235

North Texas Food Bank (Dallas)

(214) 330 - 1396

4500 S. Cockrell Hill Rd.

Dallas, TX, 75236

Genesis Women's Shelter (Dallas)

(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

Interfaith Family Services

Housing for homeless families.

214.827.7220

5600 Ross Avenue, Dallas, TX 75206

Arms of Hope-Duncanville Campus

(972) 892- 1865

101805 Walnut Hill Lane- 3rd Floor

Dallas, TX 75238

White Rock Center of Hope

Services Provided: food pantry, clothing closet, financial assistance and transportation assistance.

(214) 324-8996

10021A Garland Road

Dallas, TX, 75228

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

Thrive Women's Clinic

Provides medical, educational, and emotional support for women with unexpected pregnancies

214-343-9263

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

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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)
Genesis Women's Shelter Hotline	214-946-HELP (214-946-4357)
Brighter Tomorrow's Domestic and Sexual Violence Hotline	972-262-8383