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Counseling Centers/Crisis Lines

Organization Name	Services Provided/Notes
<p>Crisis Hotlines https://namitexas.org/crisis/</p>	<ul style="list-style-type: none"> ● NAMI Crisis Text Line: Text 741741 free 24/7 ● Girls & Boys Town National Hotline: (800) 448-3000 ● National Hopeline Network: (800) SUICIDE ● National Suicide Prevention Lifeline: 988 ● National Youth Crisis Hotline: (800) 442-HOPE (4673) ● The Trevor Project (LGBTQ suicide help): (866) 488-7386 Or Text (202) 304-1200
<p>NTBHA 866-260-8000, 24/7 Crisis Line www.ntbha.org</p>	<p>North Texas Behavioral Health Authority</p> <ul style="list-style-type: none"> ● Apply for counseling and/or substance abuse services for residents of Dallas Co who lack insurance and meet income guidelines
<p>Here For Texas Mental Health Navigation Line 972-525-8181 www.herefortexas.com</p>	<p>Website you can search for mental and substance abuse treatment services in your area. You can also talk with a navigator If you need assistance, call 972-525-8181</p> <ul style="list-style-type: none"> ● Open Monday-Friday 10am-6pm ● You'll be connected to a trained mental health navigator who can offer support and information about mental health services and resources in your area.
<p>Irving Family Advocacy Center 600 W. Pioneer Dr. Irving, TX 75061 972-721-6555, main number 972-721-6540, counseling intake www.irvingfac.com - complete application online for services</p>	<ul style="list-style-type: none"> ● Free counseling for children, teens, & adults ● Group counseling & individual counseling provided ● Spanish-speaking counselors available
<p>Mosaic Family Services 12225 Greenville Ave #800 Dallas, TX 75243 214-821-5393 http://mosaicfamily.org/ 24-hour CRISIS HOTLINE: 214-823-4434</p>	<p>FREE Counseling for all ages for survivors of domestic abuse, trafficking and refugees</p> <ul style="list-style-type: none"> ● Substance abuse prevention programs ● Domestic violence shelters ● Classes on life skills, problem solving ● Multilingual services available

<p>Multicultural Recovery Center 101 N. MacArthur Blvd, Irving, TX 75061 214-609-3300 www.multiculturalrecoverycenter.com</p>	<ul style="list-style-type: none"> ● Individual, Family, and Children’s Counseling ● Psychiatric assessment/medication management ● Spanish speaking counselors <p>Medicaid and self pay only</p>
<p>The Momentous Institute <u>Oak Cliff Campus</u> 106 E 10th Street Dallas, TX 75203 214-915-4700</p> <p><u>Harry Hines Campus</u> 9705 Harry Hines Blvd. Dallas, TX 75220 214-916-4000 appointment line</p> <p>http://momentousinstitute.org/</p>	<ul style="list-style-type: none"> ● Counseling for Children ages 0-15 and their Families, parenting classes ● No insurance needed, sliding scale only ● Services provided in person or virtually
<p>Child & Family Guidance Center 8915 Harry Hines Blvd Dallas, TX 75235 214-351-3490 www.childrenandfamilies.org</p>	<p>Provides comprehensive mental health services to adults, children and families.</p> <ul style="list-style-type: none"> ● Teletherapy is available ● Spanish-speaking counselors available ● Accept Medicaid and private insurance ● Provide rehabilitation services, medicine management, family and individual counseling, and parenting classes ● Grant program/financial assistance provided to those ineligible for Medicaid. Appeal letter for services denied from Medicaid required <ul style="list-style-type: none"> ○ If ineligible for Medicaid, just bring ID
<p>Holman Family Services 3636 N. MacArthur Blvd. Ste. 160 Irving, TX 75062 972-375-1200 https://holmanfamilyservices.com/</p>	<ul style="list-style-type: none"> ● Christian Counseling for children and families, ages 5 and up ● Parenting classes ● Medicaid and Amerigroup accepted & private pay available ● Saturday availability ● Spanish Speaking counselor available
<p>Victim Intervention Program /Rape Crisis Center- Parkland 5201 Harry Hines Blvd. Dallas, TX 75390 214-590-2926 Hotline: 214-590-0430</p>	<p>Free counseling offered to survivors of abuse, assault, family violence. and/or surviving family members of homicide victims who live in Dallas County</p> <ul style="list-style-type: none"> ● Evenings & Saturdays available ● Clients must be ages 4 yrs or older ● Spanish-speaking counselors available

https://www.parklandhospital.com/vip-r-ape-crisis-center	
Journey of Hope Grief Support Center 3900 W. 15th Ste 306 Plano, TX 75075 972-964-1600 https://johgriefsupport.org/	<p>Journey of Hope Grief Support Center is a non-profit organization dedicated to providing group grief support to children, adolescents, and their parents or adult caregivers who have lost a loved one to Death.</p> <ul style="list-style-type: none"> ● Provides peer grief support groups free of charge to children ages 4-18 and their adult caregivers twice a month ● Spanish-speaking group available for adults
Mobile Counseling PLLC 1412 Main St Suite 613 Dallas, TX 75202 214-542-5642 https://mobile-counseling.net/	<ul style="list-style-type: none"> ● Counseling sessions for adults, adolescents and children ● Telehealth counseling only ● EMDR, LGBTQ+ trained therapist available ● Accepts Aetna, Blue Cross, Humana , Cigna
Family Tree Program Denton and Dallas County 888-837-0666 www.familytreeprogram.org	<ul style="list-style-type: none"> ● 6 Free Family Counseling sessions for families with children ages 6-17 ● Bilingual Therapy ● Apply online to request services ● Services available in Dallas and Denton counties
The Family Place 214-443-7701 http://www.familyplace.org/ 24 HOUR CRISIS HOTLINE: 214-941-1991	<p>FREE counseling services for children, teens, and adults that are victims of abuse:</p> <ul style="list-style-type: none"> ● Play therapy for children ● Individual and group counseling are available
Counseling Institute of Irving 1300 Walnut Hill Lane Ste. 200 Irving, TX 75038 972-550-8369 www.drspillman.com	<ul style="list-style-type: none"> ● Play therapy & individual counseling ● Medicaid accepted, discounted rates for interns ● Drug testing, pre-marital testing & psychoeducational testing ● No bilingual services available at this time <p>Services are in-person, telephone, or virtual</p>
Lakeview Health (214) 643-6820 1910 Pacific Ave Dallas, TX 75201 https://www.lakehealthcare.org/	<ul style="list-style-type: none"> ● Individual counseling, case management and medication management for children and adults, ● In-office, virtual or at your home or community location of choice ● All Medicaid plans accepted

<p>Children’s HealthSM Psychiatry and Psychology Department 6300 Harry Hines Boulevard Dallas, Texas 75235 214-456-8899 https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology</p>	<p>Children’s Hospital offers several programs such as</p> <ul style="list-style-type: none"> ● SPARC (Suicide Prevention and Resilience in Children) ● Teen Recovery Program for mental health and substance abuse ● Eating Disorders Treatment Program for inpatient or outpatient care ● Depression Clinic for children with depression <p>Offer evaluation by a treatment team that includes: Clinical therapists, Child psychiatrists, & Child psychologists</p>
<p>Community Care Counseling 8330 LBJ Freeway Ste B870 Dallas, TX 75243 800-565-2411 www.ccoftexas.com</p>	<ul style="list-style-type: none"> ● Mental health services for adults and children including counseling, skills training, medication management, and case management. ● Services provided virtually and/or in-home ● Accepts Medicaid only
<p>Nourish Play Therapy 6301 Gaston Avenue, Suite 440 Dallas, TX 75214 214-208-7469 https://nourishplaytherapy.com/</p>	<ul style="list-style-type: none"> ● In-person and Tele-health therapy available ● Therapy for children, teens and adults ● Insurances accepted: In-Network with Aetna, United Healthcare, UMR and Molina Marketplace. Certified Tricare providers
<p>Lifescance Health www.lifescance.com Intake Phone: (844) 824-8775</p>	<ul style="list-style-type: none"> ● In-person and telehealth appointments ● Available psychiatrists, psychologists, and licensed therapists ● Accept most insurance plans ● Find a mental health provider through the website or through the intake phone line
<p>Exceptional Wellness 3626 North Hall, Suite 610 Dallas, Texas 75219 https://www.exceptionalwellnessinc.com/our-services 888-539-8470 intake</p>	<ul style="list-style-type: none"> ● Case Management ● Medication Management ● Psychosocial Rehab Services ● Individual and Family Therapy ● Services provided via Telehealth or in-home
<p>Pathways Youth and Family Services 1-800-427-6144 https://www.pathway.org/services/ referrals@mosaic-consult.com</p>	<ul style="list-style-type: none"> ● Accept Medicaid ● In-home and virtual services ● Services offered: <ul style="list-style-type: none"> ○ Licensed therapy ○ Skills therapy ○ Case management ○ Psychiatric evaluation ○ Medication management

<p>Centered, PLLC (817) 631-0919 https://www.centeredpllc.com/</p> <p><u>Hours:</u> Monday-Friday: 9:00am-7:00 pm Saturday: 10:00 am -3:00 pm Sunday (available by appointment only)</p> <p>*To schedule an appointment please visit website or email info@centeredpllc.com</p>	<p>Specializes in providing individual and family therapy to Black and Indigenous People of Color residing in Texas.</p> <ul style="list-style-type: none">● Currently offering Tele-health and in person counseling, ages 10 and up● Spanish speaking therapist available● Insurances accepted: Aetna, Ambetter, Blue Cross Blue Shield, Cigna, United Healthcare, Oscar, Optum and Molina. <p>*Discounted sessions starting at \$30 are available for those willing to work with Masters level student interns</p>
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Shelters/Residential Placements

Organization Name	Services Provided/Notes
<p>Promise House 224 W. Page Ave. Dallas, Texas 75208 214-941-8578 https://promisehouse.org/</p> <p>Crisis line: 214-941-8578</p>	<ul style="list-style-type: none"> ● Emergency Youth Shelter, ages 6 to 18 ● Basic necessities: shelter, food, clothing ● Mental Health Care: Group and Individual ● Life and Job Skills Training ● Includes Wesley Inn Program <ul style="list-style-type: none"> ○ Offers housing to pregnant and teen moms
<p>The Family Place 214-941-1991 (24-Hour Crisis Hotline) http://www.familyplace.org/</p>	<p>Emergency Shelter for Family Violence Victims</p> <ul style="list-style-type: none"> ● Provides On-Site Attorneys ● Animal shelter provided for clients with pets ● Single and family rooms available ● Availability changes on daily basis- no wait list ● Average stay is 30-45 days
<p>Family Promise 972-313-1500 Info@familypromiseirving.org</p> <p>(Will return phone calls between 24-48 hours)</p>	<p>Faith-Based Non-Profit Emergency Shelter for Families:</p> <ul style="list-style-type: none"> ● Short term program for families with children ● 30 day program ● 3-5 day intake process ● Parent(s) must be working and pursuing permanent housing. ● Unable to provide assistance to people with recent eviction ● Utility and deposit assistance to accepted clients. Will pay first month rent and deposit.
<p>Salvation Army Dallas Shelter And Services 5302 Harry Hines Blvd. Dallas, TX 75247 214-424-7000 https://www.salvationarmydfw.org/</p>	<p><u>Emergency Family Homeless Shelter</u></p> <ul style="list-style-type: none"> ● 5302 Harry Hines Blvd, Dallas, TX 75247 <ul style="list-style-type: none"> ○ 214-424-7050 ○ Must be referred by Family Gateway <p><u>Emergency Night Shelter</u></p> <ul style="list-style-type: none"> ● This is offered at their Denton location in 1508 E McKinney St, Denton, TX 76209 <p><u>Emergency Family Homeless Shelter</u></p> <ul style="list-style-type: none"> ● This is offered at their Fort Worth location at 1855 E Lancaster Ave, Fort Worth, TX 76103

<p>Christ's Haven 4200 Keller Haslet Rd. Keller, TX 76244 817-431-1544 https://www.christshaven.org/</p>	<p>A non-emergency VOLUNTARY residential placement for children from birth until 17 yrs. old, where guardians maintain full custody of their child, but allow Christ's Haven to care for their child's needs while they are placed in our care.</p> <ul style="list-style-type: none"> ● Application & Interview process required ● Must be a U.S./Legal Resident <p>Current Programs</p> <ul style="list-style-type: none"> ● Life Path (Transition) Program ● Teen Mom Program ● Counseling <p>Still operating as usual; however, their administrative offices will continue to be closed until further notice. For children's services please reach out to Erica Salinas at erica@christshaven.org or 956-543-6297</p>
<p>Jonathan's Place 6065 Duck Creek Dr Garland, TX 75043 972-303-5303 www.jpkids.org RESET hotline (469) 929-8252</p>	<p>Provides residential care and specialized services to children through a variety of programs such as:</p> <ul style="list-style-type: none"> ● Transitional Living Program <ul style="list-style-type: none"> ○ For women ages 17+ aging out of foster care ● RESET (Restoring and Educating Survivors to Empowerment and Transformation) is a free 90 day residential program for girls ages 5-17 who are or at risk of being trafficking victims. ● Girls Therapeutic Program <ul style="list-style-type: none"> ○ Long-term residential program ○ Ages 10-17 ○ No insurance required

Social Services/Food Pantries

Organization Name	Services Provided/Notes
<p>Irving Cares 440 S. Nursery Rd. Ste. 101 Irving, TX 75060 972-721-9181 www.irvingcares.org Hours of Operation: Monday- Friday 9:00 am- 12:00 pm 1:00 pm- 3:30 pm</p>	<p><u>Food Pantry Assistance</u> Households are allowed 9 visits a service year Requirements: Must be an Irving resident (proof of residence required) Provide Photo ID Social Security Cards are NOT required Pantry Days/Hours: Tuesday & Thursday: 9:00 am-12:00 pm (first 30 families) and 1:00 pm-3:30 pm (first 30 families) Mondays: 9 am- 12:00 pm</p> <p><u>Electric and Gas Utility Assistance</u> Must be done over the phone by calling (972) 721-9181 <u>Eligibility Requirements:</u> Must be a resident of Irving for at least 6 months Be at current residence for at least 3 months Utility must have been open for at least 90 days You & your roommate/spouse can't have received any other UTILITY/RENT assistance in the last 13 months. Must have earned income and be able to show you can normally pay your bills. Assistance with Direct Energy, Ambit Energy, Reliant Energy, TXU Energy and Atmos</p> <p><u>Rent Assistance</u> -Must apply over the phone starting at 9am. <u>Eligibility Requirements</u> Must be a resident of Irving for at least 6 months. Reside at your current address for at least 3 months. All prior month's rent must be paid. Must have a lease with everyone living in the household listed on it. Must have earned income equal or more than current rent & be able to show that you normally pay rent on your own. You and your roommate/spouse can't have received any other RENT assistance within the last 5 years. You and your roommate/spouse can't have received any other ELECTRIC assistance within the last 13 months.</p> <p>Irving Cares does not pay for all of the UTILITY and/or RENT bill. If you qualify, you will pay a portion of the bill as well.</p>
<p>North Texas Food Bank https://ntfb.org/ 214-330-1396</p>	<ul style="list-style-type: none"> ● <u>Mobile Pantry Schedule:</u> ● https://ntfb.org/mobile-pantry/

<p>211 Texas Texas Health and Human Services You can call 2-1-1 or (877)541-7905 to request services https://www.211texas.org/</p>	<ul style="list-style-type: none"> ● It is a free and anonymous social services hotline available 24 hours a day, 7 days a week for Texans. ● You can call 2-1-1 or (817)541-7905 no matter where you live in Texas and get information about resources in your community. ● They provide information on a variety of social services in your community, from housing, to childcare, crisis counseling, or substance abuse treatment
<p>The Main Place 2236 W. Fifth Street Irving, TX 75060 972-252-4082 https://www.themainplaceirving.org/</p>	<p>Provide new clothing and personal items to homeless teens and individuals or families in need</p> <ul style="list-style-type: none"> ● Online referral form required from counselor/social worker and student. The family schedules their appointment online with the referral code provided by the counselor/social worker.
<p>Northgate United Methodist Church 3700 W. Northgate Dr. Irving, TX 75062 972-252-8519</p>	<p>Northgate’s Food Pantry is open the 1st and 3rd saturday of every month from 8:30am-10:30am for limited food distribution</p> <ul style="list-style-type: none"> ● No appointment necessary ● For more info, click here: https://www.northgateumc.org/serve/northgates-food-pantry-miistry/
<p>Salvation Army/Boys & Girls Club 250 E. Grauwylar Rd. Irving, TX 75061 972-438-6553 https://salvationarmyntx.org/north-texas/irving</p>	<p><u>Food Pantry</u></p> <ul style="list-style-type: none"> ● Hours of Operation: <ul style="list-style-type: none"> ○ Monday, Wednesday, Thursday from 9-11:30AM <p><u>Financial Assistance</u> For assistance to help pay for rent, call 972-438-6553 or click here to apply: https://ntx.sahelp.org/</p> <p><u>Christmas Assistance - Angel Tree Program</u> The Angel Tree program helps families in need by providing Christmas gifts to children ages 14 and under. (Application starts October 1st, 2023)</p> <ul style="list-style-type: none"> ● To apply for assistance, please call The Salvation Army location in your county of residence for more information. ● For IRVING: 972-438-6553

<p>Crisis Ministries 114 E. Second St. Irving, TX 75060 972-254-0973 www.crisis-ministries.org</p> <p>To apply for financial assistance online, please click this link here: https://docs.google.com/forms/d/e/1FAIpQLSfLQINemZDV5CR6sYXrC4EE-Xwe8uj70ipWoPuGL8t4o2XNlyA/viewform</p>	<p><u>Food Pantry:</u></p> <ul style="list-style-type: none"> ● Open Monday, Tuesday, Wednesday & Friday from 10am- 1:15pm and the 2nd, 3rd and 4th Saturday of the month from 10am-12pm. <p><u>Financial Assistance</u></p> <ul style="list-style-type: none"> ● Applications available online. ● Limited assistance available for utilities, rent, transportation and repairs to those who qualify. ● Some expenses may require participation in a spending workshop ● Assistance is currently only available to Irving, TX residents <p><u>Other Services</u></p> <ul style="list-style-type: none"> ● Hygiene products (including diapers) ● Vision assistance (reading glasses) ● Showers available on Tuesdays from 10 a.m. to 1 p.m ● Job assistance (Call 972-254-0973)
<p>Aunt Bertha - The Social Care Network https://www.auntbertha.com/</p>	<p>Search for free or reduced cost services like mental health care, housing, medical care, food, job training, and more.</p> <ul style="list-style-type: none"> ● Go to their website and enter your zip code to be provided with resources for your specific area.
<p>All Connect 833-878-3191 https://www.allconnect.com/locatx/irving</p>	<ul style="list-style-type: none"> ● Allconnect is the “one-stop-shop” for students and families to compare the different internet service providers available in the area providing tremendous value to the families of your current and future students looking for service. This service is free.
<p>Methodist Children’s Home 8820 N. MacArthur Blvd., Suite 102 Irving, TX 75063 (972) 480-8772 www.mch.org</p>	<ul style="list-style-type: none"> ● Family Solutions and Grandparents as Parents Program provides help to families by providing advocacy and support, connection to resources in the community, and other services such as parent education. ● To qualify, families must have one child in the home between the ages of birth to 14 years. ● Eligible families should also live within a 45-mile radius of an MCH Outreach office. ● Also offers private foster care placement and residential placements

Psychiatric & Chemical Dependency

Organization Name	Services Provided/Notes
<p>Youth 180 201 S. Tyler Street Dallas, Texas 75208 214-942-5166 https://www.youth180tx.org/</p> <p>Prevention Program email: info@youth180tx.org</p> <p>Clinical Services email: clinical@youth180tx.org</p>	<p><u>Counseling Services</u></p> <ul style="list-style-type: none"> ● Counseling for youth (13-17 years old) and their families ● Does not have to be drug related ● Will provide bus passes ● Parenting classes are in Spanish and English ● Payment: <ul style="list-style-type: none"> ○ Private insurance accepted ○ Self pay (Sliding scale available) ○ Medicaid not accepted <p><u>Prevention Program</u></p> <ul style="list-style-type: none"> ● Educates youth (K-12) and their parents on positive decision making, coping, problem solving skills, and in the risks associated with substance use. <p><u>Substance Abuse Program</u></p> <ul style="list-style-type: none"> ● Substance abuse and recovery support for ages 13-17 ● 14 sessions ● \$925 total treatment cost, but no one is turned away for inability to pay. ● Private insurance, Medicaid, and self pay (sliding scale available) <p>All services are in-person.</p>
<p>Medical City Green Oaks Hospital 7808 Clodus Fields Dr. Dallas, Texas 75251 972-770-0818</p>	<ul style="list-style-type: none"> ● Mental Health and Chemical Dependency Treatment for Adolescents and Adults ● Psychiatric Crisis Stabilization Emergency Services ● Inpatient Care and Outpatient Treatment with Scheduling Options <ul style="list-style-type: none"> ○ Including Day, Evening, and Weekend Programs
<p>Perimeter Behavioral Hospital of Arlington 7000 US Hwy 287 Arlington, TX 76001 (817) 662-6342</p>	<ul style="list-style-type: none"> ● Inpatient care for children (4-17 years old) ● For more information, visit their website at: https://www.perimeterhealthcare.com/facilities/perimeter-behavioral-hospital-of-arlington/

<p>Children’s Health - Teen Recovery Program for Mental Health & Substance Abuse 2350 N. Stemmons Freeway Dallas, TX 75207 214-456-7200 https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology/conditions-and-programs/teen-recovery-program</p>	<p><u>Intensive Outpatient Program (Serves ages 13-17)</u></p> <ul style="list-style-type: none"> ● Includes individual and family sessions ● Services include: <ul style="list-style-type: none"> ○ Medicine management ○ Group and individual therapy ○ Family therapy ● Accept several insurances including Medicaid <p>Offering in-person and telehealth services.</p>
<p>Child & Family Guidance Center Dallas- HQ 8915 Harry Hines Blvd Dallas, TX 75235 214-351-3490</p> <p><u>Oak Cliff</u> 210 W. 10th St Dallas, TX 75208 214-351-3490 Hours www.childrenandfamilies.org Hours: Monday-Friday 8am-5pm Telehealth Covid-19 hotline: 469-591-1520 telehealth@childandfamilies.org</p>	<p><u>Mental health services for adults and children</u></p> <ul style="list-style-type: none"> ● Clinical assessment & Psychiatric evaluation ● Medication management & Case management ● Individualized counseling ● Community based rehabilitative & skills training <p><u>Youth Empowerment Services (YES) Waiver Program (866) 501-6535</u></p> <ul style="list-style-type: none"> ● Community-based services to children and adolescents with severe emotional disturbances, disruptive/aggressive, risk of harm, limited resources, poor school behavior, or a current mental health diagnosis ● Children ages 3-18 ● Must be eligible for Medicaid <p>Telehealth and in-person services</p>
<p>DFW Child Psychiatry 1304 W. Walnut Hill Ln Ste. 100 Irving, TX 75038 469-941-0444 ext 1 www.dfwchildpsychiatry.com Hours: M-F 8am-3pm, closed some Wednesdays and weekends</p>	<ul style="list-style-type: none"> ● Accepts insurance & private pay (check website) <ul style="list-style-type: none"> ○ Does not take Medicaid ● Treat multiple behavioral, emotional & developmental diagnosis ● Spanish-speaking psychiatrist available <p>Currently has a waiting list (minimum 2 months).</p>
<p>Millwood Hospital 1011 N. Cooper St. Arlington, TX 76011 817-261-3121 https://millwoodhospital.com/</p>	<ul style="list-style-type: none"> ● Free confidential assessments ● Accepts private insurance and some Medicaid ● Mental Health Treatment Programs <ul style="list-style-type: none"> ○ Short-Term, Outpatient Treatment ○ Inpatient Acute Mental Health Care ○ Inpatient Substance Abuse Treatment Services

<p><u>NTBHA - North Texas Behavioral Health Authority</u> 24/7 Crisis Line: 866-260-8000, www.ntbha.org</p> <p>24/7 COVID-19 Mental Health Support Line 1-833-251-7544</p> <p>Walk-in Crisis clinic: Southern Area Behavioral Healthcare 4215 Gannon Lane Dallas, TX 75237 972-283-9090</p>	<ul style="list-style-type: none"> ● Phone crisis support ● Mobile Crisis Team. Home visit available for crisis assessment ● No cost for assessment <p>After-hours walk-in crisis clinic:</p> <ul style="list-style-type: none"> ● Located in South Dallas ● New patients recommended to arrive between 2:00 PM to 4 PM, if possible. (No appointment necessary) ● Accepts Medicaid. Out of Network with United Healthcare and Blue Cross Blue Shield ● Fees: \$147 (First visit) and \$63 (other visits). May waive initial fee if unable to pay ● Hours: <ul style="list-style-type: none"> ○ Monday-Friday 2:00 PM to 10:00 PM ○ Saturday & Sunday 2:00 PM to 7:00 PM
<p>Excel Center - Affiliate of Millwood Hospital <u>Lewisville Location</u> 401 N. Valley Pkwy #100-200 Lewisville, TX 75067 972-906-5522 PHP for ages 11+</p> <p><u>Fort Worth Location*</u> 1220 W. Presidio St. Fort Worth, TX 76102 817-335-6429 PHP for ages 5+</p> <p><u>Arlington Location</u> 1111 N. Cooper St. Arlington, TX 76011 817-404-2207 PHP for ages 11+</p>	<ul style="list-style-type: none"> ● Free confidential assessment (Serves ages 5-18, certain locations) ● Offer in-house psychiatric services and medicine management ● Accepts several insurances <ul style="list-style-type: none"> ○ Does not accept Molina ● Parenting Education (coming soon) <p><u>Current Programs:</u></p> <ul style="list-style-type: none"> ● <u>Partial Hospitalization Program (PHP) *</u> 9am-3:30pm <ul style="list-style-type: none"> ○ Includes four hours of daily group therapy through process groups and coping skills education groups. ○ Offers in-house school by enrolling in their TEA Accredited Charter School, <i>Brazos River Charter School</i>, while the student is receiving services. ● <u>Intensive Outpatient Program (IOP) 9am-1:30pm</u> <ul style="list-style-type: none"> ○ Includes three hours of daily group therapy through process groups and coping skills education groups. <p>Currently accepting patients in-person. Telehealth is available.</p>

<p>Phoenix House Drug/Alcohol Rehab for Teens 2345 Reagan St Dallas, TX 75219 214-999-1044 https://phoenixhousetx.org/locations/dallas/</p>	<p>Offering individual, group, and family counseling</p> <ul style="list-style-type: none"> ● All insurances accepted! ● Insurance and/or citizenship not required for treatment ● Current Programs: <ul style="list-style-type: none"> Intensive Outpatient Program (IOP): Mon., Wed., Fri. (6pm-9pm) <ul style="list-style-type: none"> ○ Bilingual groups available Inpatient: Residents stay in school through DISD <p>Currently accepting new clients. Individual sessions are in person and groups are conducted via Zoom.</p>
<p>Texas Health Springwood Behavioral Health Hospital HEB 2717 Tibbets Drive Bedford, Texas 76022 682-236-6023</p>	<ul style="list-style-type: none"> ● Crisis assessment Monday-Friday 8am-8pm ● 24/7 evaluations provided in the Texas Health Hospital ER next door ● Mobile Crisis assessment ● Chemical dependency treatment/generic psychiatric services ● Inpatient treatment for ages 12 and up ● Outpatient program for ages 12 and up (5 days a week) Offers services regardless of insurance
<p>Haven Behavioral Hospital of Frisco 5680 Frisco Square Blvd #3000 Frisco, TX 75034 469-535-8000 call for assessment https://www.havenfrisco.com/</p>	<ul style="list-style-type: none"> ● Serves adolescents ages 12 to 17, Medicaid Accepted ● Inpatient Program <ul style="list-style-type: none"> ○ Treat: sudden mood changes, anxiety and panic attacks, suicidal thoughts, self-injury, psychotic disorders, severe disruptive behavior, drug or alcohol use, and depression. ○ Students remain in school during inpatient stay. ● Outpatient program <ul style="list-style-type: none"> ○ Treat: anger management, anxiety, depression, grief, PTSD, stress, and addiction that does not require medical detox.

<p>Hickory Trail Hospital 2000 N. Old Hickory Trail, DeSoto, TX 75115 972-298-7323 https://www.hickorytrail.com</p>	<ul style="list-style-type: none"> ● Will provide no-cost assessment to anyone who walks in ● Insurance: All plans accepted, including Medicaid. ● Acute inpatient program for students experiencing SI <ul style="list-style-type: none"> ○ Virtual charter school available at enrollment. Will require student to unenroll from Irving ISD. ○ Checklists welcome packet provided during enrollment process. Includes release for therapist and school counselor. ○ Will contact school nurse to notify about medications, if any. ● Average stay is 6-10 days ● Beds are blocked for patients who are not able to pay.
<p>Mesa Springs 4935 S. Collins Ste. 101 Arlington, TX 76018 682-273-4194 Open M-F</p> <p>6421 Camp Bowie Blvd, Ste. 200, Fort Worth, TX 76116 817-406-3364 Open M-F</p> <p>12412 Timberland Blvd., Ste. 300, Fort Worth, TX 76244 682-345-0425 Open M-F</p> <p>5560 Mesa Springs Drive Ft. Worth, TX 76123 817-398-8382 Open 24 hours</p> <p>https://mesasprings.com/</p>	<ul style="list-style-type: none"> ● Inpatient (Adolescents 12 & up) and Outpatient treatment program for ages 5-18. 24/7 assessment ● Accepts most insurance plans ● Four hours of intensive group therapy per day, family therapy, recreational and art therapy ● Dual diagnosis groups ● Medication management ● Offers academic instruction for grades K-8, as well as an accredited high school program through Cassata High School. ● Substance abuse programs (detox program, inpatient and outpatient rehab)

<p>Newport Academy 9201 N Central Expy Suite 150 Dallas TX 75231 877-628-3367 469-243-4178</p> <p>Fax: 203-841-1102 newportacademy.com</p>	<ul style="list-style-type: none"> ● Outpatient programs offered <ul style="list-style-type: none"> ○ Partial Hospitalization Program ○ Intensive Outpatient Program ● Treat: depression, anxiety, substance abuse, mental health, eating disorders, ADHD (stimulants), OCD ● Services offered to involve family: <ul style="list-style-type: none"> ○ family therapy ○ parent support groups ● Most insurances accepted except Tri-Care ● Ages 12+ ● Medicaid not accepted, sliding scale available and scholarship <ul style="list-style-type: none"> ○ Must be willing to provide financial information ● Will provide transportation if needed: pick up and drop off at Irving Public Library. PHP pick up time: 7:10am-7:15am drop off time 4:15pm-4:30pm
<p>Imagine Programs 1947 Ave Suite K 100 Plano, TX 75074 214-385-4264 imagine@ipsrecovery.com https://www.imagineprograms.net/</p>	<ul style="list-style-type: none"> ● Serves youth ages 13-17 ● Offer intensive outpatient services for substance use <ul style="list-style-type: none"> ○ Group, individual, and family counseling ● Services offered in person and via telehealth ● Accept Medicaid only for Dallas County
<p>Charlie Health 214-441-7808 https://www.charliehealth.com Admissions available 24/7</p>	<ul style="list-style-type: none"> ● Provides virtual mental health services <ul style="list-style-type: none"> ○ Treat: anxiety, depression, trauma, mood disorders, self-harm, self-addiction, behavioral addiction, technology addiction, other disorders ● Services offered: <ul style="list-style-type: none"> ○ Intensive Outpatient Program (IOP) ● IOP Program offers <ul style="list-style-type: none"> ○ 3 hours of group therapy, 3 days per week ○ 1 hour of individual therapy per week ○ 1-2 hours of family therapy per week ○ Psychiatric assessment and care as needed ● Accept major insurances, including Medicaid ● Spanish-speaking counselors available

<p>Mind Above Matter 469-457-3938 4232 Heritage Trace Pkwy Keller, TX 76244 mindabovematter.com</p>	<ul style="list-style-type: none"> ● Services offered: <ul style="list-style-type: none"> ○ Mental health assessments ○ Partial Hospitalization Program (PHP) ○ Intensive Outpatient Program (IOP) ○ Individual, couple and family therapy ○ Medication management ○ Telehealth services ● Treat: depression, trauma, anxiety, panic attacks, social phobia ● Ages 12 + ● Accept insurance & Medicaid: Cooks, Cigna, Parkland plans
<p>RISE Recovery 210-227-2634 2803 Mossrock Dr San Antonio, TX 78230 www.risetelehealth.org</p>	<ul style="list-style-type: none"> ● Services youth ages 12-17, available for 18 year olds still enrolled in high school ● Provide free telehealth services to all youth and families in Texas struggling with substance use ● No insurance required ● Offer outpatient services for youth struggling with substance use ● Support groups available for parents and family members of patient ● Services offered: <ul style="list-style-type: none"> ○ peer counseling ○ support groups ○ social activities ○ prevention education ○ treatment navigation
<p>Pathlight Mood & Anxiety Center 4200 S. Hulen St. Suite 436 Fort Worth, TX 76109 817-952-8180 www.pathlightbh.com</p>	<ul style="list-style-type: none"> ● Commercial insurance accepted ● Services offered <ul style="list-style-type: none"> ○ Partial Hospitalization Program (PHP) <ul style="list-style-type: none"> ■ Ages 12-17 ■ 7 days a week ○ Intensive Outpatient Program (IOP) <ul style="list-style-type: none"> ■ Ages 12-17 ■ 3-4 days a week ■ On-site and virtual
<p>Children’s ER 5060 Southwestern Medical Ave. Dallas, TX 75235 214-456-2100 www.childrens.com</p>	<ul style="list-style-type: none"> ● Psychiatric evaluation available through the ER 24/7
<p>Reflections Lifestyle Center 4901 Windhaven Pkwy Suite #200</p>	<ul style="list-style-type: none"> ● Offers Partial Hospitalization Program/ Intensive Outpatient ages 11-18

<p>The Colony, TX 75056 (469) 777-4688 https://reflectionsifestyle.com/</p>	<ul style="list-style-type: none"> ● Mental health, substance use, co-occurring disorders ● Transportation provided up to 25 mile radius ● Accepts major insurances ● No Medicaid accepted <ul style="list-style-type: none"> ○ Payment plans available
<p>BasePoint Academy Admissions: 972-325-2633 admissions@basepointacademy.com www.basepointacademy.com</p> <p>3900 Arlington Highlands Blvd Suite 237 Arlington, TX 76018</p> <p>713 W Broad St. Suite 200 Forney, TX 75126</p> <p>4733 Medical Center Dr. McKinney, TX 75069</p>	<ul style="list-style-type: none"> ● Offers Partial Hospitalization (PHP)/Intensive Outpatient (IOP) <ul style="list-style-type: none"> ○ Ages 11-17 (18 in still in high school) ● Transportation provided <ul style="list-style-type: none"> ○ Meet up point within 25 miles ● Psychiatrist on site full-time ● Same-day complimentary assessments (translators available) <ul style="list-style-type: none"> ○ Monday-Saturday <ul style="list-style-type: none"> ■ 8 am-7 pm ● Payment flexibility options ● Accepts major insurances ● Student stay enrolled in current school ● Spanish speaking options not available for PHP or IOP

Health Clinics

Organization Name	Services Provided/Notes
<p>Irving Health Center 1800 N. Britain Rd. Irving, TX 75061 214-266-3000 214-266-4000 (Pediatrics) Hours: 7:30 am-6 pm M-Th 8am-5pm F</p>	<p><u>Services offered:</u></p> <ul style="list-style-type: none"> ● Behavioral Health Services ● Optometry Services, Ancillary Services (ex. mammogram, labs) ● Nutrition, Community health & wellness programs ● Assistance with completing Medicaid application ● Pediatrics and Adult Medical Care <ul style="list-style-type: none"> ○ Referrals for speciality care ○ Routine physicals ● Financial Plan/Assistance available ● Offering telehealth or in person visits. <p>**Call ahead if you believe you are experiencing COVID-19 symptoms.</p>
<p>Parkland Health Plan https://parklandhealthplan.com/ 888-672-2277</p>	<ul style="list-style-type: none"> ● Parkland Community Health Plan connects members to convenient, affordable health care ● Apply through Medicaid ● Services offered: <ul style="list-style-type: none"> ○ Medical ○ Vision ○ Dental ○ Mental health/Behavioral ○ Emergency Services
<p>Los Barrios Unidos Community Clinic 214-540-0300 (Appointment line) Hours 7:30am-5pm M-F All Clinics https://losbarriosunidos.org/</p> <p>LBU West Dallas 809 Singleton Blvd. Dallas, TX 75212</p> <p>LBU Pediatrics 3111 Sylvan Avenue Dallas, TX 75212 Walk in clinic Sat 8am -12pm</p> <p>LBU Oak Cliff 4732 W. Illinois Ave. Dallas, TX 75211</p>	<p>Services offered:</p> <ul style="list-style-type: none"> ● Pediatrics ● Adult Health Care ● Women’s Health ● Prenatal Care ● Behavioral Health ● WIC ● Dental (children only) ● Pharmacy <p>Clinic accepts Medicaid, CHIP, Medicare, and private insurance. *Nobody is turned away for their inability to pay. Sliding fee scale and payment plans are available.</p>

After-School Programs

Organization Name	Services Provided/Notes
<p>All Things Made New 2240 W. 5th Street Irving, TX 75060 214-460-7644 https://www.allthingsmadenew.net/</p>	<p>Free mentoring groups for boys and girls (free meal & snacks provided)</p> <ul style="list-style-type: none"> ● More than Gold - Girls Group (5th-12th grade) <ul style="list-style-type: none"> ○ Divided into middle school and high school groups ● Iron Roots - Boys Group (5th-12th grade) ● G.R.A.C.E. - Empower pregnant teens/teen moms <ul style="list-style-type: none"> ○ Monthly meetings and events ○ Support Services: Diapers, wipes, equipment, etc. ● Youth Advisory Council - students advocate for current community issues and create opportunities for action ● Individual mentoring, case management, and college/career readiness are also available ● Tutoring available for current participants with academic needs
<p>Irving Police Athletic League 1550 Rock Island Road Irving, TX. 75060 972-254-4659 https://www.irvingpal.com/</p>	<p>Free after-school programs for students ages 8-18</p> <ul style="list-style-type: none"> ● <u>Fitness Program</u> <ul style="list-style-type: none"> ○ Year round ○ 5:00-6:30 p.m. Monday-Thursday ○ 5:00-6:00 p.m. Fridays ● <u>Competition Boxing</u> <ul style="list-style-type: none"> ○ Year round ○ 6-8pm Monday-Friday ● <u>Archery</u> <ul style="list-style-type: none"> ○ March-October ○ Ages 10-18 ○ 5:00-6:30 p.m. ○ Tuesdays & Thursdays ● <u>Summer Programs</u> (offered June & July) <ul style="list-style-type: none"> ○ Basketball ○ Horse camp ○ Volleyball ○ Boys mentoring
<p>YMCA After School Program 2200 W. Irving Blvd Irving, TX 75061 972-986-8898 https://www.ymcadallas.org/locations/school_age</p>	<p>After school program for students in grades K-5 held at each elementary school and middle school in partnership with Irving ISD as long as the minimum enrollment number is met</p> <ul style="list-style-type: none"> ● Monday-Friday (after school-6:30pm) ● Follow the Irving ISD calendar for holidays ● \$85 registration fee per child

services/after_school/irving	<ul style="list-style-type: none"> • \$29/week per student
<p>Salvation Army/ Boys & Girls Club 250 E. Grauwylor Rd. Irving, TX 75061 972-438-6553 https://salvationarmytx.org/north-texas/empower-youth</p>	<p>After-school program for students ages 5-12 years old. Program meets Monday-Friday 3:15pm-6pm during the school year.</p> <ul style="list-style-type: none"> • Activities include: Power hour (Help with homework), Triple-Play (Physical Fitness), Dance, Masters (Mastering Board Games, Sports) EverFi (Club Tech), Health Habits Cost is \$180/six week session or \$35/week • Summer program is available Monday-Friday 7:00am-5:00pm. Cost is \$45/week <ul style="list-style-type: none"> ○ 2 meals provided to each student during summer