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Counseling Centers

Organization Name	Services Provided/Notes
<p>NTBHA 833-251-7544, support line 866-260-8000, 24/7 Crisis Line www.ntbha.org</p>	<p>North Texas Behavioral Health Authority</p> <ul style="list-style-type: none"> • Dedicated line for mental health support during COVID-19
<p>Here For Texas Mental Health Navigation Line 972-525-8181 http://www.herefortexas.com/index.html</p>	<p>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 www.irvingfac.com - complete application online for services</p>	<ul style="list-style-type: none"> • Free counseling for children, teens, & adults • Group counseling & educational classes are on hold at this time • Spanish-speaking counselors available <p>Telehealth counseling offered at this time limited in-person. Available to both new and existing clients. Call 972-721-6540 to speak with intake specialist or apply online at www.irvingfac.com</p>
<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</p> <ul style="list-style-type: none"> • Substance abuse prevention programs • Domestic violence shelters • Classes on life skills, problem solving • Services available in different languages (call to check) <p>No in-person counseling. All services provided via email, phone or telehealth. Accepting new referrals</p>
<p>Children First Counseling Center 202 College St. Grand Prairie, TX 75050 972-264-0604 main number 682.615.2070 Google number www.childrenfirstinc.org</p>	<ul style="list-style-type: none"> • Bilingual Counseling for children, teens and adults, • Positive parenting classes & groups <u>online</u> at this time • Evenings & Saturdays available • Sliding scale only <p>****Telehealth Counseling Services Now Available**** 4 week wait list for new clients</p>
<p>Child & Family Guidance Center 8915 Harry Hines Blvd Dallas, TX 75235 214-351-3490 www.childrenandfamilies.org</p>	<ul style="list-style-type: none"> • Spanish-speaking counselors available • Accept Medicaid and private insurance • Provide rehabilitation services, medicine management, family and individual counseling, and parenting classes <p>New clients are being accepted, remote counseling is offered with some in-person availability</p>

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<p>Rapha Christian Counseling 6300 N. Belt Line Rd. Irving, TX 75063 972-257-0449 www.rapha.info</p>	<ul style="list-style-type: none"> ● Counseling w/ a Christian perspective ● Child & adolescent therapy, ages 10 and up ● Addiction therapy <p>In person or remote counseling available, new clients will be accepted.</p>
<p>Holman Family Services 3636 N. MacArthur Blvd. Ste. 160 Irving, TX 75062 972-375-1200 www.holmanfamilyservices.com</p>	<ul style="list-style-type: none"> ● Bilingual Counseling for children and families, ages 5 and up ● Parenting classes ● Medicaid accepted & sliding scale available. Does not accept Amerigroup. ● Saturday availability <p>All services provided remotely, 3 FREE sessions for new clients if uninsured</p>
<p>Victim Intervention Program /Rape Crisis Center- Parkland 5201 Harry Hines Blvd. Dallas, TX 75390 214-590-2926 Hotline: 214-590-0430 https://www.parklandhospital.com/vip-rape-crisis-center</p>	<p>FREE Counseling offered to women, men, teens and children 4 years and older who live in Dallas County</p> <ul style="list-style-type: none"> ● Evenings & Saturdays available ● Spanish-speaking counselors available ● Victim services/case management only offered to current clients <p>New clients may be placed on waitlist. All clients will receive counseling virtually.</p>
<p>Journey of Hope Grief Support Center 3900 W. 15th Ste 306 Plano TX 75075 972-964-1600 https://johgriefsupport.org/</p>	<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"> ● Journey provides peer grief support groups free of charge to children ages 4-18 and their adult caregivers twice a month ● All services are being provided virtually
<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</p> <p>http://momentousinstitute.org/</p>	<ul style="list-style-type: none"> ● Counseling for Children and Families, parenting classes ● Assessments can be done on ages 0-6 to better understand their potential cognitive, social or emotional challenges ● No insurance needed, sliding scale only <p>**Counseling is being provided via telehealth only at this time with case by case exceptions for in person. Open to new and existing clients</p>

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<p>Mobile Counseling PLLC 1412 Main St Suite 613 Dallas, TX 75202 214-542-5642 https://mobile-counseling.net/</p>	<ul style="list-style-type: none"> ● Counseling sessions for adults, adolescents and children ● In-Home counseling & online counseling ● Specialized Counseling Services, play therapy ● Accepts Aetna, Blue Cross, HSA, Cigna ● Star Grant allows 10 free family sessions <p>****Telehealth only, open to new clients</p>
<p>Family Tree Program Denton and Dallas County 888-837-0666 Denton ext 2 Dallas ext 7 www.familytreeprogram.org Crisis Text Line: Can be reached 24/7 from your cell by texting HOME to 741741</p>	<ul style="list-style-type: none"> ● Free Family Counseling (5-10 free counseling sessions) ● New one-on-one parenting support via telehealth ● Eligibility Requirements <ul style="list-style-type: none"> ○ Youth is under 18 & one of the following criteria applies <ul style="list-style-type: none"> ■ Family conflict (arguing, yelling, tension) ■ Youth runaway & delinquency ■ School attendance issues <p>Online/Telephonic counseling offered. Limited in person counseling is available. New clients are accepted.</p>
<p>Brighter Tomorrows 928 Bluebird Dr. Irving, TX 75061 972-254-4003 24hr Crisis Hotline: (972) 262-8383 www.brightertomorrow.net</p>	<ul style="list-style-type: none"> ● Services only for domestic violence and sexual assault ● Counseling services for children & adults <ul style="list-style-type: none"> ○ Play therapy for children ● Offer parenting classes- <i>on hold at this time</i> <p>No in-person, all services provided remotely. New clients are accepted</p>
<p>The Family Place (214) 948-5175 (9am-5pm) http://www.familyplace.org/ <u>24 HOUR CRISIS HOTLINE:</u> <u>214-941-1991</u></p>	<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 <p>Currently accepting new clients for in-person and telehealth.</p>
<p>Counseling Institute of Irving 1300 Walnut Hill Lane Ste. 200 Irving, TX 75038 972-550-8369 www.drspillman.com</p>	<ul style="list-style-type: none"> ● Play therapy & individual counseling ● Medicaid accepted, discounted rates for interns ● Drug testing, pre-marital testing & psychoeducational testing <p>Services are in-person, telephone, or virtual</p>
<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>The Gracious Mind 940-320-9077 info@thegraciousmind.com</p>	<p>Clinicians fluent in ASL- no interpreter needed Sliding scale offered for therapy and assessment Telehealth options for anyone in Texas</p>

Last Updated July 2021

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<p>Community Care Counseling 8330 LBJ Freeway Ste B870 Dallas, TX 75243 800-565-2411 www.ccoftexas.com</p>	<p>Mental health services for adults and children including counseling, skills training, medication management, and case management.</p> <p>Services provided virtually and/or in-home Accepts Medicaid only</p>
<p>Regal Oak Counseling 1285 N Main St Mansfield, TX 76063 682-651-7621 http://regaloakcounseling.com/</p>	<p>Support Groups</p> <ul style="list-style-type: none"> ● Stress & Anxiety Group for High School Teens <ul style="list-style-type: none"> ○ Tuesdays & Thursday 6:00-7:30 p.m. ○ \$20/week (reserves your spot for Tues & Thurs) Learn improved coping skills, stress management & reduction, connect with peers ● Single Parent Group <ul style="list-style-type: none"> ○ 1st and 3rd Mondays 6:00-7:30 p.m. ○ \$20/week (reserves your spot for Tues & Thurs) Connect with other single parents, reduce stress & anxiety, discuss strategies for challenges unique to single parents ● Accept Medicaid <ul style="list-style-type: none"> ○ Traditional Medicaid ○ AmeriGroup ○ Cook's Children ○ Beacon Value Options ● Pro-bono program offered by interns

More Resources



Shelters/Residential Placements

Organization Name	Services Provided/Notes
<p>Brighter Tomorrows 928 Bluebird Dr. Irving, TX 75061 972-254-4003</p> <p>24hr crisis hotline: (972) 262-8383</p>	<p>Emergency safe shelters located in Grand Prairie & Irving</p> <ul style="list-style-type: none"> ● 24-hour SHELTER hotline: 972-262-8383 ● Pets allowed <p>Accepting new clients, however, they currently do not have space.</p>

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<p>Promise House 224 W. Page Ave. Dallas, Texas 75208 214-941-8578 https://promisehouse.org/</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 <p>Intake is being done via phone only. There is currently a waitlist for the emergency youth shelter. Counseling is currently not being offered to the general public, only to their current CPS residents.</p>
<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 <p>The Family Place Shelter remains open and operating as usual.</p>
<p>Family Promise 972-313-1500 Info@familypromiseirving.org</p>	<p>Faith-Based Non-Profit Emergency Shelter for Families:</p> <ul style="list-style-type: none"> ● Single-Parent, Dual-Parent, Multi-Generational Families Accepted ● Meals & Transportation Provided ● Employment Assistance and Permanent Housing Assistance <p>They are now accepting families with children for their transitional shelter services. The parent(s) must be working.</p> <p><u>C-Model 2020 Program:</u> In response to COVID-19, they are providing limited financial assistance for rent and utilities. Potential families must be prescreened via a referral form. The referral form can be completed by a school counselor, student advocate or other relevant Irving ISD staff.</p>
<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 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 in 1855 E Lancaster Ave, Fort Worth, TX 76103

<p>Boys Ranch: Founded by Cal Farley P.O. Box 1890 Amarillo, TX 79174 800-657-7124 https://www.calfarley.org/boysranch/</p>	<p>A residential educational community for boys and girls, ages 5 to 16.5, where families can voluntarily place a child, and maintain parental rights.</p> <ul style="list-style-type: none"> • Children must be willing to participate in the program. • Boys Ranch Independent School District is located on Boys Ranch Campus. <p>When you call their direct line they are instructing those seeking help and/or for information to go to their website and click on the “get help” tab to complete an online form and get assistance that way. No new scheduled campus visits until further notice.</p>
<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 via phone at 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 RESET (Restoring and Educating Survivors to Empowerment and Transformation)</p> <p>Emergency Shelter and/or therapeutic foster care. RESET is a free 90 day residential program for girls ages 5-7 who are or at risk of being trafficking victims.</p>

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Social Services/Food Pantries

Organization Name	Services Provided/Notes
<p>211 Texas TX Health & Human Services You can dial 2-1-1 or (877) 541-7905 for services. https://www.211texas.org/</p>	<p>It is a free, anonymous social service hotline available 24/7 for Texas citizens. No matter where you live in Texas, you can dial 2-1-1, or (877) 541-7905, and find information about resources in your local community. They provide information on a variety of social services in your community from finding food or housing, to child care, to crisis counseling or for substance abuse treatment.</p>
<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/locations/irving</p>	<p>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. The best part: There’s never a fee to use our service.</p>
<p>The Main Place 2236 W. Fifth Street Irving, TX 75060 972-252-4082 https://www.themainplaceirving.org/</p>	<p>Providing new clothing and personal items to homeless teens and individuals or families in needs</p> <ul style="list-style-type: none"> Online referral form required from counselor/social worker and student/family schedules their appointment online with referral code provided by counselor/social worker <p>Services are operating as usual with modifications due to COVID-19.</p>

<p>Irving Cares 440 S. Nursery Rd. Ste. 101 Irving, TX 75060 972-721-9181 www.irvingcares.org</p>	<p><u>Food Pantry Assistance</u></p> <ul style="list-style-type: none"> ● Households are allowed 9 visits a service year ● Requirements: <ul style="list-style-type: none"> ○ Must be an Irving resident (proof of residence required) ○ Provide Photo ID ○ Social Security Cards are NOT required ● Hours of Operation: <ul style="list-style-type: none"> ○ Mondays, Tuesdays & Fridays 9am-12pm & 1pm-3:30pm ○ Thursdays 1pm-3:30pm <p><u>Electric and Gas Utility Assistance</u></p> <ul style="list-style-type: none"> ● Must be done over the phone by calling (972) 721-9181 ● <u>Eligibility Requirements:</u> <ul style="list-style-type: none"> ○ 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. <p><u>Rent Assistance</u></p> <ul style="list-style-type: none"> ● Applications are only taken over the phone starting at 9am. ● <u>Eligibility Requirements</u> <ul style="list-style-type: none"> ○ Must be a resident of Irving for at least 6 months. ○ Be 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>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>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"> ● For more info, click here: https://www.northgateumc.org/serve/northgates-food-pantry-ministry/

<p>Crisis Ministries 114 E. Second St. Irving, TX 75060 972-891-8783 www.crisis-ministries.org</p> <p>To apply for financial assistance online, please click this link here: https://docs.google.com/forms/d/e/1FAIpQLSfV8LTrEvcC3dZihEl2nVbuScdDJUNeMAH4LnAlu7pmxF_UxA/vi/ewform?vc=0&c=0&w=1&flr=0</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 and 4th Saturday of the month from 10am-12pm. ● Families receive free groceries 5x a year ● Bread & pastries available every 2 weeks <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 <p><u>Other Services</u></p> <ul style="list-style-type: none"> ● Hygiene products (including diapers) ● Vision assistance (reading glasses) ● Emergency Shelter ● Job assistance
<p>Salvation Army/Boys & Girls Club 250 E. Grauwlyer Rd. Irving, TX 75061 972-438-6553 https://salvationarmytx.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, Tuesday, Wednesday & Thursday 9am-11:30am ○ Closed Friday, Saturday and Sunday <p><u>Financial Assistance</u> For assistance to help pay for rent, mortgage, and utilities, Call 214-424-7050 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.</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: 214-637-8241

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Psychiatric & Chemical Dependency

Organization Name	Services Provided/Notes
<p>Youth 180 201 S. Tyler Street Dallas, Texas 75208 972-566-4680 info@dallaschallenge.org</p>	<p><u>Counseling Services</u></p> <ul style="list-style-type: none"> ● Free counseling for children (and their families) 9-18 years old ● Does not have to be drug related ● Will provide bus passes ● Parenting classes in Spanish and English <p><u>Educational Programs</u></p> <ul style="list-style-type: none"> ● 6-18 years old ● Classes for teens on driving and drinking, truancy issues, smart decision making, and anger/conflict management <p><u>Substance Abuse Program</u></p> <ul style="list-style-type: none"> ● Substance abuse and recovery support for ages 13-17 ● 14 sessions regardless of drug of choice ● \$925 total treatment cost, but no one is turned away for inability to pay <p>Telehealth and 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>Currently accepting new clients.</p>
<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>Currently accepting new clients. Offering in-person and telehealth services.</p>

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<p>Child & Family Guidance Center <u>Dallas- HQ</u> 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</p> <p><u>Telehealth Covid-19 hotline:</u> 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>Currently accepting clients. Telehealth and in-person services Hours: Monday-Friday 8am-5pm</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</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 psychiatrists available <p>Not accepting new patients at this time. Telemedicine appointments only.</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>Currently accepting new patients</p>
<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 ● Partial Hospitalization ● Intensive outpatient ● For more information, visit their website at: https://www.perimeterhealthcare.com/facilities/perimeter-behavioral-hospital-of-arlington/
<p>NTBHA - North Texas Behavioral Health Authority 866-260-8000, 24/7 Crisis Line www.ntbha.org</p>	<ul style="list-style-type: none"> ● Phone crisis support ● Mobile Crisis Team. Home visit available for crisis assessment ● No cost for assessment

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<p>Excel Center - Affiliate of Millwood Hospital <u>Lewisville Location</u> 190 Civic Circle Suite 170 Lewisville, TX 75067 972-906-5522</p> <p><u>Fort Worth Location</u> 1220 W. Presidio St. Fort Worth, TX 76102 817-335-6429</p> <p><u>Arlington Location</u> 1111 N. Cooper St. Arlington, TX 76011 817-404-2207</p>	<ul style="list-style-type: none"> ● Free confidential assessment (Serves ages 5-18) ● Offer in-house psychiatric services and medicine management ● Accepts several insurances <ul style="list-style-type: none"> ○ Does not accept Amerigroup & Molina ● Parenting Education (coming soon) <p><u>Current Programs:</u></p> <ul style="list-style-type: none"> ● <u>Partial Hospitalization Program (PHP)</u> <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)</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</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 <p><u>Current Programs:</u></p> <ul style="list-style-type: none"> ● <u>Intensive Outpatient Program (IOP):</u> <ul style="list-style-type: none"> ○ Mon., Wed., Fri. (6pm-9pm) ○ Bilingual groups available ● <u>Inpatient:</u> <ul style="list-style-type: none"> ○ Counseling and Psychiatric support ○ 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> <p>800 W. Randol Mill Rd. Arlington, TX 76012 (817) 960-6627 (Entrance located at East side of building)</p>	<ul style="list-style-type: none"> ● Crisis assessment ● 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>Currently accepting new patients.</p>

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<p>Haven Behavioral Hospital of Frisco 5680 Frisco Square Blvd #3000 Frisco, TX 75034 469-535-8000</p> <p>https://www.havenfrisco.com/</p>	<ul style="list-style-type: none"> ● Serves adolescents ages 12 to 17 ● Intensive Outpatient 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. ● Medicaid accepted <p>For assessment and to determine level of care: 469-535-6785.</p>
<p>Fort Behavioral - Evergreen Path 7140 Oakmont Blvd Ft. Worth, TX 76132 844-891-9172 www.fortbehavioral.com</p>	<ul style="list-style-type: none"> ● Residential treatment for teens ages 13 to 17 with substance use and/or mental health disorders. ● Individual, group, and family therapy; skills group ● Academic support and daily school attendance ● Call for free assessment

More Resources



Health Clinics

Organization Name	Services Provided/Notes
<p>Clinica Tu Salud 245 E. Grauwlyer Rd Ste. 122 Irving, TX 75061 972-887-3235 https://www.clinicatusalud.com/</p>	<p>Accepting new patients</p> <ul style="list-style-type: none"> ● Spanish-speaking doctor available ● Insurances accepted: <ul style="list-style-type: none"> ○ Aetna, Blue Cross, Amerigroup, Molina, Medicare, Ambetter ○ Does not accept Parkland <p>Now accepting walk-ins. Call ahead if you believe you are experiencing COVID-19 symptoms. Updated hours: Monday-Thursday 9am-5pm, and Friday 9am-3pm. Saturday 10am-3 pm.</p>

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Community Resources (Suggested)
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<p>Irving Health Center 1800 N. Britain Rd. Irving, TX 75061 214-266-3000 214-266-4000 (Pediatrics)</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 <p>Offering telehealth or in person visits. Hours: 7:30 am-5 pm 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 https://losbarriosunidos.org/ (214) 540-0300 Appointment line</p> <p>LBU West Dallas 809 Singleton Blvd. Dallas, TX 75212</p> <p>LBU Pediatrics 3111 Sylvan Avenue Dallas, TX 75212</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 ● 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>

More Resources



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After-School Programs

Organization Name	Services Provided/Notes
<p>All Things Made New 2232 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) All groups meet Tuesdays at 6:00 PM (Virtual at the moment)</p> <ul style="list-style-type: none"> ● More than Gold - Girls Group (6th-12th grade) <ul style="list-style-type: none"> ○ Divided into middle school and high school groups ● Iron Roots - Boys Group (5th-9th grade) ● G.R.A.C.E. - Empower pregnant teens/teen moms <ul style="list-style-type: none"> ○ Individual meetings ATM ● 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>ATMN can deliver food packs for students in need. Please call to request.</p>
<p>Irving Police Athletic League 1550 Rock Island Road Irving, TX. 75060 972-254-4659 https://www.irvingpal.org/</p>	<p>Free after-school programs for students ages 7-18</p> <ul style="list-style-type: none"> ● Fitness and Boxing programs ● Urban outdoors program ● Free summer sports programs (wrestling, basketball & soccer)
<p>Salvation Army/ Boys & Girls Club 250 E. Grauwlyer Rd. Irving, TX 75061 972-438-6553 https://www.salvationarmydfw.org/p/locations/irving</p>	<p>After-school program for students ages 5-15 years old. Program meets Monday-Friday 3:30pm-6:30pm during the school year. (Still meeting in person.)</p> <ul style="list-style-type: none"> ● Activities include: Power hour (Help with homework), Triple-Play (Physical Fitness), Dance (not offering at the moment), Masters (Mastering Board Games, Sports) EverFi (Online Educational Program), Small Bites Program (Healthy eating- expected to begin April). ● Cost is \$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 ● Annual fee: \$50 individual; \$75 family
<p>YMCA After School Program 2200 W. Irving Blvd. Irving, TX 75061 972-986-8898 http://www.ymcadallas.org/locations/irving_family_ymca</p>	<p>After school program for K-5th hosted at each elementary and middle school campus in partnership with IISD (as long as minimum enrollment is reached).</p> <ul style="list-style-type: none"> ● Monday- Friday until 6:30 PM ● Follows the IISD calendar for holidays ● \$25 per week for each child, plus a \$60 registration fee ● Contact: Erin Yacho, Irving ISD Coordinator of Parent & Family Engagement at eyacho@irvingisd.net

More Resources Below



COVID Testing Locations

Organization Name	Services Provided/Notes
Parkland Irving Health Center 1800 N. Britain Road Irving, TX. 75061 (214) 590-8060	Parkland Hospital offers drive-thru testing by appointment only at its main campus and community-based clinics for current Parkland patients who meet the medically necessary criteria with a Parkland physician's order . Parkland patients can contact the COVID-19 Patient Line at (214) 590-8060 .
Walgreens Pharmacy 1330 N. Belt Line Rd Irving, TX. 75061 (972) 594-1648	Free drive-thru testing from 9 a.m. to 5 p.m. daily. Testing is available to those 18 and older who meet the criteria of the <u>Centers for Disease Control and Prevention (CDC)</u> , along with state and federal guidelines. Patients are asked to schedule an appointment online prior to visiting the testing location. Test results will be communicated to patients within two to three days. For more information, including scheduling an appointment, visit <u>Walgreens.com/Covid19Testing</u> .

*Please visit <https://www.cityofirving.org/3647/Testing-Locations> for more COVID-19 testing locations in the DFW area.