

# 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, ages 0-15.*

<https://momentousinstitute.org/services/therapeutic-services>

#### **Oak Cliff Location**

(214) 915 - 4700

106 E. 10<sup>th</sup> Street

Dallas, TX, 75203

#### **West Dallas Location**

(214) 916-4000

9705 Harry Hines Blvd.

Dallas, TX, 75220

#### **Christian Works for Children/ Grief Works**

*Sliding scale for counseling, Adoption agency, Program  
for Pregnant women, Blended Families and Families  
dealing with Divorce. Free children's grief support  
group. Serve children and adults. \*Spanish Speaking  
Counselors*

972-960-9981

5440 Harvest Hill Rd., Suite 140

Dallas, TX 75230

<https://www.christian-works.org/>

#### **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*

<https://familytreeprogram.org/>

#### **Centro de Mi Salud (Center for My Health)**

*Spanish Speaking Specialty; individual and family  
counseling; psychiatric services*

(214) 941-0798

(866) 260-8000 crisis number

628 Centre St.

Dallas, TX 75208

<http://www.centromisalud.com/>

#### **Pastoral Counseling Center**

*Counseling and Assessments; Spanish Speaking  
Counselors*

Multiple locations, call for appointment

(214) 526-4525

<https://thecentercounseling.org/>

#### **Family Studies Center at UT-Southwestern**

*Family, couples and individual therapy; (they do not see  
minor alone. It has to be family therapy) \$20 a session.  
Also offer psychiatric care options. Has to be English  
Speaking*

(214) 648-6945

8194 Walnut Hill Ln

Dallas, TX, 75231

<https://utswmed.org/locations/texas-health-dallas/family-medicine-texas-health-dallas/family-studies-center/>

#### **Child and Family Guidance Center**

*Counseling and psychiatric services; case management;  
rehabilitative and skills training; Multiple locations;*

*\*Spanish Speaking Counselors*

(214) 351- 3490

1-866-695-3794 (toll free)

<https://www.childrenandfamilies.org/>

#### **Jewish Family Services of Greater Dallas**

*Counseling for children and adults, employment  
assistance, food pantry and financial assistance  
program.*

(972) 437-9950

5402 Arapaho Rd

Dallas TX 75248

<https://jfsdallas.org/>

### **Irving:**

#### **Irving Family Advocacy Center**

*Free counseling in area of Domestic Violence, Sexual  
Abuse or Victim of Crime. Must be a resident, a victim of  
crime or attend school in Irving.*

(972) 721-6521

(972) 721-6553 (bilingual counseling)

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

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

<https://www.parklandhospital.com/locations/irving-health-center-7>

**Irving Cares**

*Offers range of services, including counseling information and referral. Need to be Irving resident*

(972) 721-9181

440 S. Nursery Rd., Suite 101

Irving, TX 75060

**Grand Prairie:**

**Children First Counseling Center**

*Counseling specialty mainly in Victims of abuse and domestic violence; also offers a Batterer Intervention Program targeted towards parents; Sliding scale*

(972) 264-0604

202 College St.

Grand Prairie, TX, 75050

<https://www.childrenfirstinc.org/>

**E. Carlyle Smith Jr. Health Center**

(214) 266 - 3400

801 Conover Dr.

Grand Prairie, TX, 75051

**SPECIALTY REFERRALS:**

**Counseling/ Grief Resources:**

**North Texas Grief and Loss Center**

*Grief support and education.*

(214) 452-3105

4316 Abrams Rd., Dallas, TX 75214

<http://mygriefandloss.org/>

**Christian Works for Children/ Grief Works**

*Sliding scale for counseling, Adoption agency, Program for Pregnant women, Blended Families and Families dealing with Divorce. Free children's grief support group. Serve children and adults. \*Spanish Speaking Counselors*

972-960-9981

5440 Harvest Hill Rd., Suite 140

Dallas, TX 75230

<https://www.christian-works.org/>

**Carson's Village**

*works with families to find affordable burial options, raise money, plan a funeral and then support them through their grieving.*

1-877-789-0722

help@carsonsvillage.org

[www.carsonsvillage.org](http://www.carsonsvillage.org)

**Counseling for Special Populations:**

**Metrocare**

*Variety of services; Counseling & Pervasive Developmental Disorder Services*

(214) 743 - 1200

1380 Riverbend Drive

Dallas, TX, 75247

<https://www.metrocareservices.org/>

**UT Southwestern Center for Autism and Developmental Disabilities**

*Medical care for autism and all other neurodevelopmental disabilities*

214-456-7700

6363 Forest Park Rd

Dallas TX 75235

<https://www.utsouthwestern.edu/education/medical-school/departments/psychiatry/patient-care/autism/>

**Luke Waites Center for Dyslexia and Learning Disorders**

Located at Texas Scottish Rite Hospital

(214) 559-7815

2222 Welborn St., Dallas, TX 75219

<https://scottishriteforchildren.org/care-and-treatment/dyslexia>

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## Psychiatric Care:

### Green Oaks Hospital

*Outpatient/Inpatient services. Ages 12 and up*  
(972) 991-9504 / (800) 866-6554 (Toll-Free)  
7808 Clodus Fields Drive  
Dallas, TX, 75251

### Hickory Trail Hospital

*Outpatient/ Inpatient services*  
(972) 298-7323  
2000 N. Old Hickory Trail  
DeSoto, TX, 75115

### Dallas Behavioral Healthcare Hospital

*Outpatient/ Inpatient services*  
(855) 982-0897  
800 Kirnwood Dr  
DeSoto, TX, 75115

### Texas Health Behavioral Health Hospital - Dallas

*Outpatient/ Inpatient services; Multiple location; 2 service adolescents; Service ages 13 and up*  
(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

### 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) 393-3640- Behavioral health services  
[www.rcdallas.org/youth](http://www.rcdallas.org/youth)

## 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

### (Parkland Hospital) Victim Intervention – Crisis Center

*Free Counseling mainly for trauma, sexual abuse, and domestic violence. Must be Dallas county resident;*  
\*Spanish Speaking Counselors  
214-590-2926/ (214) 590-0430 (24- hour hotline)  
4811 Harry Hines Dallas, TX 75208

### Dallas Area Rape Crisis Center

*Free Counseling mainly for victims of sexual assault, sex worker, stalking and sexual harassment; legal and case management services also provided. \*Spanish speaking counselors*  
(972) 641-7273  
4210 Junius St.  
Dallas, TX, 75246  
<https://dallasrapecrisis.org/>

### New Friends New Life

*Provides services to formerly trafficked girls and sexually exploited women and children.*  
(214) 965-0935  
<https://www.newfriendsnewlife.org/>

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### **Domestic Violence:**

#### **Hope's Door**

24 Hour Crisis Hotline: 972-276-0057  
Main line 972-276-0423  
218 North Tenth Street, Garland, TX 75040  
<https://hdnbc.org/>

#### **Genesis Women's Shelter (Dallas)**

(214) 389-7700 (counseling)  
(214) 946-4357 (24-Hour Hotline)  
4411 Lemmon Ave., #201  
Dallas, TX, 75219  
<https://www.genesisshelter.org/>

#### **The Family Place**

*Domestic Violence Emergency Shelter*  
24 Hour Crisis Hotline: 214-941-1991  
Main line 214-559-2170  
<https://www.familyplace.org/>

#### **Brighter Tomorrows**

(972) 262-8383 (24-Hour Hotline)

(972) 254-4003  
920 Bluebird Dr.  
Irving, TX, 75061  
<https://www.brightertomorrows.net/>

#### **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  
<https://mosaicervices.org/>

#### **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  
<https://www.nexusrecovery.org/>

#### **Phoenix House – Teens**

1 (800) 378-4435  
2345 Reagan St.  
Dallas, TX, 75219  
<https://www.phoenixhouse.org/>

#### **The Council on Alcohol & Drug Abuse- Dallas**

*Substance abuse assessment, education, counseling, housing program and referrals out; ages 15 and up*  
(214) 522-8600  
1349 Empire Central Dr., #800  
Dallas, TX, 75247  
<https://dallascouncil.org/>

#### **Eating Recovery Center of Dallas**

(972) 479-5779  
4716 Alliance Blvd., Ste. 400  
Plano, TX, 75093  
<https://www.eatingrecoverycenter.com/recovery-centers/dallas>

### **Self-Injury:**

#### **Room For Change/ Amanda Esquivel, MS, LPC, LCDC**

*Counseling services for all needs; \*Spanish speaking counselors*  
(940) 230 – 3381  
2536 Southern Dr  
Garland TX 75043  
<https://roomforchange.info/>

### **Immigration Assistance Services:**

#### **RAICES Dallas:**

*Immigration attorney services, DACA consultation*

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*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  
[www.raicetexas.org](http://www.raicetexas.org)

**Catholic Charities Immigration and Legal Services Dallas:**

**Main office:**

*Immigration Legal Services; DACA consultation; Food pantry; Diaper and formula pantry*  
*Initial consultation fee: \$40 – \$80.*  
(214) 520-6590  
Multiple location  
1421 West Mockingbird Ln. Dallas 75247.  
[www.ccdallas.org](http://www.ccdallas.org)

**Insurance/Healthcare Assistance:**

<https://www.ccadvance.org/>  
Contact person: Daniel Bouton

**Community Council of Greater Dallas**

*Free enrollment assistance with all government funded  
healthcare programs (CHIP, Children's Medicaid, ACA);  
Employment help and case management.*  
(214) 871-5065  
1341 W. Mockingbird Ln., Suite 1000W Dallas, TX,  
75247

**Healthwell Foundation**

*Provides financial assistance to eligible patients to  
cover certain out-of-pocket health care cost.*  
(800) 675-8416  
<https://www.healthwellfoundation.org/>

**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 and  
housing programs \*must already be working with a  
caseworker*  
(972) 638-5600  
2816 Swiss Avenue  
Dallas, TX 75204

13801 Hutton Dr., Suite 150  
Farmers Branch, TX, 75234  
<https://www.metrocrestservices.org/index.php>

**The Stewpot**

*Specializes in homelessness, Casework assistance;  
Assistance in retrieving important documents;  
Representative Payee program; Health and wellness  
services*  
(214) 746-2785  
1822 Young Street Dallas, TX, 75201  
<https://thestewpot.org/if-you-need-help>

**City Square**

*Housing program, Food pantry, health and wellness  
program, workforce development, legal representation.*  
(214) 823- 8710  
1610 S. Malcolm X Blvd  
Dallas TX 75226  
[www.citysquare.org](http://www.citysquare.org)

**Family Gateway**

*Family shelter and permanent supportive housing*  
214-823-4500  
711 S. St. Paul St., Dallas, TX 75201

**Metrocrest Services**

*Specializes in homelessness, job counseling, emergency  
financials \*only service individuals who live in  
Carrollton, Farmers Branch, Addison, Coppell and City  
of Dallas in Denton County*  
(G972) 446-2100

**Salvation Army Dallas Shelter & Services: Carr P.  
Collins Center**

*Multiple options of shelter according to need.*  
(214) 424-7000

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5302 Harry Hines Blvd. Dallas, TX, 75235  
<https://www.salvationarmydfw.org/p/services/homeless>

**North Texas Food Bank (Dallas)**

*Food assistance, SNAP benefits; Nutrition services*  
(214) 330 - 1396  
4500 S. Cockrell Hill Rd. Dallas, TX, 75236  
<https://ntfb.org/>

**Genesis Women's Shelter (Dallas)**

*Shelter for women and children who experience Domestic Violence*  
(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  
<https://gphns.org/profiles/lifeline-shelters-families/>

**Interfaith Family Services**

*Housing for homeless families.*  
214.827.7220  
5600 Ross Avenue, Dallas, TX 75206  
<https://interfaithdallas.org/>

**Arms of Hope-Duncanville Campus**

*Shelter; Rental assistance; food pantry; utility assistance; parenting classes; \*must live within certain zipcodes to get services please see website.*  
(972) 892- 1865  
101805 Walnut Hill Lane- 3<sup>rd</sup> Floor Dallas, TX 75238  
[www.armsofhope.org](http://www.armsofhope.org)

**White Rock Center of Hope**

*Services Provided: food pantry, clothing closet, financial assistance and transportation assistance. \*must live in the 75214,75218,75223,75228,75238 areas*  
(214) 324-8996  
10021A Garland Road Dallas, TX, 75228  
<https://whiterockcenterofhope.org/>

**Promise House**

*short-term and long-term residential services for youth experiencing homelessness; Outreach w/counseling services. Specialty runaways and homelessness. Ages 10-17*  
(214) 941-8578  
224 W. Page Ave.  
Dallas, Texas 75208  
<https://promisehouse.org/>

**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  
<https://www.buckner.org/>

**Thrive Women's Clinic**

*Provides medical, educational, and emotional support for women with unexpected pregnancies*  
214-343-9263  
<https://thrivewomensclinic.com/>

**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

**Crisis and Suicide Hotlines**

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<b>Organization</b>	<b>Number(s)</b>
Suicide Prevention Lifeline	Call or Text: 9-8-8 to connect with the National Suicide Prevention Lifeline
I'm Alive/Hope Line	Hopeline.com (online chat) Imalive.org 1-800-suicide (1-800-784-2433) or 1-800-442-4673
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 or WhatsApp "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
Homeless Crisis Line	888-411-6802