Youth Crisis Intervention Resources

A starting point to help you find mental health resources for children, teens and young adults in North Texas

Click on any heading below to navigate to that section of the directory.

CRISIS SERVICES
- Crisis Lines
- Law Enforcement
- Mobile Crisis Service
- Domestic Violence
- Help Lines

INFORMATION AND REFERRAL

SPECIALTIES
- SUBSTANCE ABUSE TREATMENT
- EDUCATION
- SHELTERS
- HOUSING
- THERAPEUTIC SUPPORT GROUPS
- PEER SUPPORT
- MENTAL HEALTH WARRANTS

This information was compiled by I AM H·E·R·E Coalition, an initiative of the Grant Halliburton Foundation.

www.iamherecoalition.org

The information in these materials is for informational purposes only. These materials are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your qualified mental health provider with any questions you may have regarding a medical condition. We do not recommend or endorse any specific tests, mental health providers, products, procedures, opinions, or other information that may be mentioned in these materials. Reliance on any information provided by these materials is solely at your own risk.
Crisis Lines
Adapt Community Solutions, Inc.
1-866-260-8000
www.adaptusa.com

Suicide & Crisis Center of North Texas
214-828-1000
www.sccenter.org

Law Enforcement
Police (emergency)
911

Dallas Police Department Mental Health Liaison
214-671-3570

Dallas Police (non-emergency)
214-744-4444
For other cities, find the non-emergency police number in the white pages of your city’s phone book.

Mobile Crisis Services
Adapt Community Solutions, Inc.
1-866-260-8000
www.adaptusa.com

Domestic Violence
Brighter Tomorrows
www.brightertomorrows.net
972-262-8383
1-866-925-7233

Genesis Women’s Shelter
www.genesisshelter.org
214-946-HELP (4357)

Hope’s Door
www.hopedoorinc.org
972-422-2911

Mosaic Family Services
www.mosaicservices.org
214-821-5393

New Beginning Center
www.newbeginningcenter.org
972-276-0057

Our Friends Place
Victims of abuse, neglect, abandonment - Girls 10-17
www.ourfriendsplace.org
214-520-6268

Texas Muslim Women’s Foundation
www.tmwf.org
972-880-4192

The Family Place
www.familyplace.org
214-941-1991
Help Lines

Neglect and Abuse Hotline
(Texas Department of Family and Protective Services)
800-252-5400

Promise House
Homeless, runaway and at-risk teens
www.promisehouse.org
1-866-941-8578

Texas Runaway Hotline
(Texas Department of Family and Protective Services)
888-580-HELP

Texas Youth Hotline
(Texas Department of Family and Protective Services)
800-210-2278

The Turning Point – Rape Crisis Center of Collin County
www.theturningpoint.org
800-886-7273

INFORMATION AND REFERRAL

CARE
Chemical Awareness Resources & Education
www.care-dallas.org/resources.php
214-526-8986

Dallas Association for Marriage and Family Therapy
www.damft/FindTherapist.htm

Dallas County Medical Society
214-948-3622

Dallas Psychological Association
214-252-9096

Good Therapy
www.goodtherapy.org
214-526-8986

Help Pro
214-526-8986

LIQUIC (Life Quality Improvement Center)
www.liquic.com

Mental Health America of Greater Dallas
www.mhadallas.org
214-871-2420

National Alliance on Mental Illness (NAMI)
www.namidallas.org
214-341-7133

Network Therapy
www.networktherapy.com

North Texas Society of Psychiatric Physicians
www.ntspp.org

NorthSTAR (Public Behavioral Health Assistance)
www.valueoptions.com/northstar/about.htm
1-888-800-6799

Psychology Today
www.psychologytoday.com
214-526-8986

Therapy Tribe
www.therapytribe.com

Theravive
www.theravive.com

PSYCHIATRIC EVALUATIONS

Note: Most hospitals also perform psychiatric evaluations

Child and Family Guidance Center
www.childrenandfamilies.info
214-351-3490 ext. 3236

LifeNet Texas
www.lifenettexas.org
214-221-5433
Metrocare Services
www.metrocareservices.org
214-743-1200

Millwood Hospital (mobile psychiatric evaluations)
www.millwoodhospital.com
817-261-3121

NorthSTAR (Public Behavioral Health Assistance)
www.valueoptions.com/northstar/about.htm
1-888-800-6799

University Behavioral Health (UBH) Denton
www.ubhdenton.com
940-320-8100
1-888-320-8101

UT Southwestern Medical Center - Adult
214-648-5555

UT Southwestern Medical Center - Child/Adolescent
214-456-5900

Hospitals

Carrollton Springs (psychiatric and chemical dependency)
www.carrolltonsprings.com
Adults 18+, Inpatient, Intensive Outpatient, Partial, After Care
972-242-4114

Children’s Medical Center - Dallas
www.childrens.com
Adolescents up to 18, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
214-456-7000

Children’s Medical Center - Plano
www.childrens.com
Adolescents up to 18, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
469-303-7000

Cook Children’s Health Care System – Ft. Worth
www.cookchildrens.org
Adolescents up to 18, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
682-885-4000

Glen Oaks Hospital
www.glenoakshospital.com
Adolescents up to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
903-454-6000

Green Oaks Hospital
www.greenoakspysch.com
Adolescents up to 18, Adults 18+, Inpatient, Intensive Outpatient, Psych ER
972-991-9504

Hickory Trail Hospital
www.hickorytrail.com
Children 5 to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
972-298-7323

Methodist Richardson Medical Center (psychiatric and chemical dependency)
www.methodisthealthsystem.org/mentalhealth
Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Psych ER
1-877-637-4297

Millwood Hospital
www.millwoodhospital.com
Adolescents up to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
817-261-3121

Parkland Hospital
www.parklandhospital.com
Adults 18+
214-590-8000

Seay Behavioral Health Center at Texas Health Presbyterian Hospital Plano
www.texashealth.org/seay
Adolescents up to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
972-981-8300

Sundance Behavioral Healthcare Arlington
www.sundancehealthcare.com
Adolescents up to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER
817-583-8080
Sundance Behavioral Healthcare Ft. Worth  
www.sundancehealthcare.com  
Adolescents up to 18, Adults 18+  
817-222-9191

Terrell State Hospital  
www.dshs.state.tx.us/mhhospitals/TerrellSH/TSH_Admissions.shtm  
972-524-6452

Texas Health Presbyterian Hospital Dallas  
www.texashealth.org/dallas  
214-345-6789

Texas Health Springwood Hospital  
www.texashealth.org/springwood  
Adolescents up to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER  
817-355-7700

Timberlawn Mental Health System  
www.timberlawn.com  
Children 4 to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER  
888-859-1408

University Behavioral Health  
www.ubhdenton.com  
Adolescents up to 18, Adults 18+, Outpatient, Inpatient, Intensive Outpatient, Partial, Psych ER  
940-320-8100

COUNSELING

ABC Behavioral Health Clinic  
www.abcbh.com  
214-275-8500

Allen Counseling Associates  
214-509-6888

Avenues Counseling Center  
972-423-7057

Broken Wings Counseling Center (Red Oak, TX)  
972-223-0663

Centro De Mi Salud  
www.centromisalud.com  
214-941-0798

Child and Family Guidance Center  
214-351-2490

Counseling and Consulting Associates of North Texas  
972-542-8144

Dallas Children’s Advocacy Center  
www.dcad.org  
214-818-2600

Excel Center Arlington  
www.excelcenterarlington.com  
Adolescents up to 18, Intensive Outpatient, Partial, After Care  
817-404-2207

Excel Center Lewisville  
www.excelcenterlewisville.com  
Adolescents up to 18  
972-906-5522

Excel Center Ft. Worth  
www.excelcenterfortworth.com  
Adolescents up to 18  
817-335-6429

Family Studies Center (UT Southwestern Medical Center)  
www.utswmedicine.org  
214-648-6945

Freedom Counseling Assoc. (Midlothian, TX)  
972-723-0044

Galaxy Counseling Center  
www.galaxycounseling.org  
972-272-4429
<table>
<thead>
<tr>
<th><strong>Gearing Up</strong></th>
<th>Seay Behavioral Health Center at Texas Health Presbyterian Hospital Frisco</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.gearingup.com">www.gearingup.com</a></td>
<td><a href="http://www.texashealth.org/seay">www.texashealth.org/seay</a></td>
</tr>
<tr>
<td>972-596-7229</td>
<td>Adolescents up to 18, Adults 18+, Intensive Outpatient</td>
</tr>
<tr>
<td><strong>Jewish Family Service</strong></td>
<td>972-981-4212</td>
</tr>
<tr>
<td><a href="http://www.jfsdallas.org">www.jfsdallas.org</a></td>
<td><strong>Teen Challenge of North Texas</strong></td>
</tr>
<tr>
<td>972-437-9950</td>
<td><a href="http://www.teenlifechallenge.com">www.teenlifechallenge.com</a></td>
</tr>
<tr>
<td><strong>Lakes Regional MHMR – Terrell</strong></td>
<td>214-824-6181</td>
</tr>
<tr>
<td><a href="http://www.lrmhmrc.org">www.lrmhmrc.org</a></td>
<td><strong>The Be Project</strong></td>
</tr>
<tr>
<td>Intensive Outpatient</td>
<td><a href="http://www.familyplacebeproject.org">www.familyplacebeproject.org</a></td>
</tr>
<tr>
<td>972-524-4159</td>
<td>Youth program to end relationship violence</td>
</tr>
<tr>
<td><strong>LifeNet Texas</strong></td>
<td>214-941-1991 (24 hr hotline)</td>
</tr>
<tr>
<td><a href="http://www.lifenettexas.org">www.lifenettexas.org</a></td>
<td>972-243-1611 (office)</td>
</tr>
<tr>
<td>214-221-5433</td>
<td><strong>Trauma Support Services of North Texas</strong></td>
</tr>
<tr>
<td><strong>Lifeworks Group</strong> (Dallas and Ft. Worth)</td>
<td><a href="http://www.tssnt.org">www.tssnt.org</a></td>
</tr>
<tr>
<td><a href="http://www.wefixbrains.com">www.wefixbrains.com</a></td>
<td>972-709-4904</td>
</tr>
<tr>
<td>(214) 357-4001</td>
<td><strong>University of North Texas Counseling &amp; Human Development Center</strong></td>
</tr>
<tr>
<td>972-984-9207</td>
<td>940/565-2970</td>
</tr>
<tr>
<td><strong>Metrocare Services</strong></td>
<td>972-780-3646</td>
</tr>
<tr>
<td><a href="http://www.metrocareservices.org">www.metrocareservices.org</a></td>
<td><strong>Youth Advocacy Program Counseling Services</strong></td>
</tr>
<tr>
<td>214-743-1200</td>
<td><a href="http://www.yapinc.org">www.yapinc.org</a></td>
</tr>
<tr>
<td><strong>NorthSTAR</strong> (Public Behavioral Health Assistance)</td>
<td>214-916-4000</td>
</tr>
<tr>
<td><a href="http://www.valueoptions.com/northstar/about.htm">www.valueoptions.com/northstar/about.htm</a></td>
<td><strong>Youth and Family Counseling</strong> (Flower Mound)</td>
</tr>
<tr>
<td>1-888-800-6799</td>
<td><a href="http://www.youthandfamilycounseling.org">www.youthandfamilycounseling.org</a></td>
</tr>
<tr>
<td><strong>Pastoral Counseling Center</strong></td>
<td>972-724-2005</td>
</tr>
<tr>
<td><a href="http://www.pccdallas.org">www.pccdallas.org</a></td>
<td><strong>Salesmanship Club Youth and Family Services</strong></td>
</tr>
<tr>
<td>214-526-4525</td>
<td><a href="http://www.salesmanshipclub.org">www.salesmanshipclub.org</a></td>
</tr>
<tr>
<td>214-916-4000</td>
<td><strong>SPECIALTIES</strong></td>
</tr>
<tr>
<td><strong>Children First Counseling Center</strong></td>
<td><strong>Children’s Medical Center – Eating disorders</strong></td>
</tr>
<tr>
<td><a href="http://www.childrenfirstinc.org">www.childrenfirstinc.org</a></td>
<td><a href="http://www.childrens.com/specialties/eating-disorder-services">www.childrens.com/specialties/eating-disorder-services</a></td>
</tr>
<tr>
<td>972-264-9937</td>
<td>214-456-2622</td>
</tr>
<tr>
<td><strong>Children in the Middle</strong></td>
<td><strong>Eating Disorder Hope</strong></td>
</tr>
<tr>
<td>Helping Families Raise Children Between Two Homes</td>
<td><a href="http://www.eatingdisorderhope.com/information">www.eatingdisorderhope.com/information</a></td>
</tr>
<tr>
<td><a href="http://www.childreninthemiddle.com">www.childreninthemiddle.com</a></td>
<td><a href="http://www.eatingdisorderhope.com/information">www.eatingdisorderhope.com/information</a></td>
</tr>
<tr>
<td>972-264-9937</td>
<td><strong>Back to Top</strong></td>
</tr>
</tbody>
</table>
ED Referral.com – Eating disorders
www.edreferral.com

The Elisa Project – Eating disorders
www.theelisaproject.org
214-369-5222

EMDR International Association
www.emdria.org

Journey of Hope – Grief support
www.johgriefsupport.org
972-964-1600

Center for Play Therapy - University of North Texas
940-656-2066

Meridell Achievement Center – Austin
(Residential treatment center)
www.meridell.com
Adolescents up to 18
1-800-366-8656

Caron Texas
www.carontexas.org
Adults 18+, Inpatient, Residential
214-491-3600

The Council on Alcohol and Drug Abuse
(Information and referral)
www.dallascouncil.org
214-522-8600

Valley Hope Drug Rehab Centers
Adults 18+, Residential
800-544-5101

Green Oaks Hospital
www.greenoakspsych.com
Adolescents up to 18, Adults 18+, Detox, Inpatient, Intensive Outpatient, Psych ER
972-991-9504

Hickory Trail Hospital
www.hickorytrail.com
Detox, Inpatient
972-298-7323

Homeward Bound
www.homewardboundinc.org
Detox, Inpatient, Residential
214-941-3500

The Magdalen House (Maggie’s House)
www.magdalenhouse.org
214-324-9261

Nexus Recovery (Women only)
www.nexusrecovery.org
214-321-0156

Phoenix House Dallas
www.phoenixhouse.org
Age 13-17: Residential, IOP
Age 18+: IOP
214-296-0394 or 800-DRUGHELP (800-378-4435)

Right Step (Bedford, Plano, Dallas)
(Residential Treatment Center)
www.rightstep.com
Adolescents up to 18, Adults 18+, Inpatient, Intensive Outpatient, Partial
888-859-1408

Salvation Army Adult Rehabilitation Center
www.salvationarmydfw.org/services/addiction_recovery
Residential
214-630-5611 Dallas
817-834-6271 Ft Worth

Seay Behavioral Health Center at Texas Health Presbyterian Hospital Plano
www.texashealth.org/seay
Detox, Inpatient
972-981-8300
Solutions Outpatient Services
www.sosdallas.com
214-369-1155

Souls Harbor
www.soulsharborDallas.org
214-596-8225

Texas Health Springwood Hospital
www.texashealth.org/behavioral-health
Detox only
817-848-7705

Texas Health Presbyterian Hospital Dallas
www.texashealth.org/behavioral-health
Detox only
214-345-7355

SHELTERS

Buckner Family Pathways
www.buckner.org/locations/tx-dfw.shtml
214-319-3420

CITYHouse - Teen Emergency Shelter
www.cityhouse.org
972-424-4626

Promise House
www.promisehouse.org
1-866-941-8578

The Family Place
www.familyplace.org
214-559-2170
214-941-1991

EDUCATION

CARE (Chemical Awareness Resources & Education)
www.care-dallas.org/courses.php
214-526-8986

National Alliance on Mental Illness (NAMI)
www.nami.org
214-341-7133

Grant Halliburton Foundation
www.granthalliburton.org
972-744-9790

Mental Health America of Greater Dallas
www.mhadallas.org
214-871-2410

HOUSING

ABC Behavioral Health Clinic
www.abcbh.org/housing.html
214-275-8500

P.L.A.N. (Planned Living Assistance Network)
www.planofntx.org
972-690-7526

Timberlawn Mental Health
www.timberlawn.com
Detox only
214-381-7181

Turtle Creek Recovery Center
www.tcmanor.org
Age 18+: Residential
214-871-2483
THERAPEUTIC SUPPORT GROUPS

Brighter Tomorrows (for survivors of domestic violence)
www.brightertomorrows.net
972-262-8383
1-866-925-7233

Child and Family Guidance Center
www.childrenandfamilies.info
214-351-3490 ext. 3236

Jewish Family Service of Greater Dallas
www.jfsdallas.org
972-437-9950

Salesmanship Club Youth and Family Services
www.salesmanshipclub.org
214-916-4015

Child and Family Guidance Center
www.childrenandfamilies.info
214-351-3490 ext. 3236

PEER SUPPORT

ABC Behavioral Health
www.abcbh.org/PeerServices.html
214-526-8986

Association of Persons Affected by Addiction
214-634-2722

Coffee Days
For mothers of teen/young adult children with mental illness
www.granthalliburton.org/coffee-days.html
972-744-9790

Dad2Dad
For fathers of teen/young adult children with mental illness
www.granthalliburton.org
972-744-9790

Depression and Bipolar Support Alliance (DBSA)
www.dbsa-dallas.net
817-654-7100

Dual Recovery Anonymous
214-824-2435

Mental Health America of Greater Dallas
www.mhadallas.org
214-871-2420

National Alliance on Mental Illness (NAMI)
www.nami.org
214-741-7133

The Living Room
For teens/young adults with mental illness
www.iamherecoalition.org/livingroom.html
972-744-9790

MENTAL HEALTH WARRANTS

Mental Illness Court - Dallas County
www.dallascounty.org/department/courts/probate/mental_health.php
214-653-7485 or 7418

Mental Illness Court - Collin County
www.co.collin.tx.us/mental_commitments
972-424-1460 ext. 6401 (Metro)