

Mental Health Resource List

Telephone Counseling Services:

1. The Family Place – 24 Hour Crisis Line.....214-941-1991
2. Adapt Community Solutions & Mobile Crisis Line.....1-866-260-8000

Crisis and Commitment Procedures:

1. Mental Illness Court (Mental Illness Warrants).....214-653-7485 or 7418
 2. Dallas Police (Emergency).....911
 3. Dallas Police (Non-Emergency).....214-744-4444
 4. Crisis Intervention Mental Health Liaison.....214-681-1795
 5. Dallas Public Defender.....214-653-3550
 6. Lew Sterrett Mental Health Liaison.....214-761-1331
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Referrals to Behavioral Services

Chemical Dependency Clinics:

1. Turtle Creek Recovery Center 214-871-2483
2. Solace Counseling and Associates.....214-522-4640
3. Nexus Recovery Center (Women).....214-321-0156
4. The Road to Recovery.....214-503-3764
5. Homeward Bound Recovery Center.....214-941-3500
6. Phoenix House (Addiction and Dual Diagnosis Treatment for Adolescents)
..... 1-844-748-3927
7. Holmes Street Foundation (Adolescent Chemical Dependency Treatment)
.....214-421-7580

Psychiatric Evaluations:

1. University of Texas Southwestern Medical Center
 - a. Adult Psychiatry.....214-648-5555
 - b. Child & Adolescent Psychiatry (Children’s Hospital)...214-456-5900
2. Parkland Health and Hospital System.....214-592-6832
3. NorthSTAR (Public Behavioral Health Assistance).....1-888-800-6799

Hospitals:

1. Hickory Trail Hospital.....972-298-7323
2. Green Oaks.....972-991-9504
3. Parkland Health and Hospital System.....214-590-8000

- 4. VA Medical Center (Mental Health Services).....214-857-0853
- 5. Texas Health Presbyterian Behavioral Health (Metro Line – toll free)
.....682-236-6023
- 6. UT Southwestern – Zale Lipsky – (Mental Health
Admission).....214-630-7285
- 7. Methodist Medical Center – Richardson (Mental Health Services)
.....972-498-8500

Outpatient Programs:

- 1. ABC Behavioral Health.....214-275-8500
- 2. Lifenet.....214-221-5433
- 3. Metrocare.....1-877-283-2121

Clinics:

- 1. Child and Family Guidance Center.....214-351-3490
- 2. Galaxy Counseling Center.....972-272-4429
- 3. Pastoral Counseling and Educational Center.....214-526-4525
- 4. Jewish Family Services.....972-437-9950
- 5. Centro De Mi Salud.....214-941-0798
- 6. Dallas Challenge, Inc (Youth).....972-566-4680

Individual Psychiatrists:

- 1. Dallas County Medical Society (Private MD Referrals)...(visit website)
<http://www.dallas-cms.org>

Individual Therapists/Counselors:

- 1. Dallas Psychological Association (Counseling Referrals).....(visit website)
<https://www.dpadallas.org/resources/find-a-psychologist>
- 2. Find Counselors in Dallas (www.networktherapy.com/Dallas-Therapists)

Referrals to Other Services

Housing:

- 1. Planned Living Assistance Network (P.L.A.N.).....972-690-7526
- 2. Dallas Housing Authority.....214-951-8300
- 3. Sober Living Housing
 - a. Angels House.....214-321-7544
 - b. Ample Health Services.....214-232-5461
 - c. Recovery Inn214-341-6000

4. Shelters

- a. Austin Street Shelter.....214-428-4242
- b. Center of Hope (Union Gospel Mission).....214-637-6117
- c. Dallas Life Foundation214-421-1380
- d. Salvation Army Lodge214-424-7000

Employment Services:

- 1. Department of Assistive & Rehabilitative Services.....1-800-628-5115
- 2. Urban League.....214-915-4600
- 3. Goodwill Industries of Dallas.....214-638-2800

Legal Aid:

- 1. Disability Rights Texas.....214-630-0916
- 2. Legal Aid of North Texas.....214-748-1234
- 3. Texas Access to Justice Commission.....1-800-204-2222 ext. 1855

Other Support Groups:

- 1. Association of Persons Affected by Addiction (APAA)..... ..214-634-2722
- 2. Dual Recovery Anonymous (DRA)..... ..214-824-2435
- 3. Depression and Bipolar Support Alliance (DBSA).....817-654-7100 (metro)
- 4. Recovery International (RI).....214-904-0296
- 5. National Alliance on Mental Illness (NAMI) Dallas..... 214-741-7133
- 6. Depression Support Group – MHA214-871-2420
- 7. Alcoholics Anonymous (AA – Dallas Intergroup Ass’n).....214-887-6699

Other Community Resources:

- 1. Social Security Administration (Local Office).....1-800-772-1213
- 2. Texas Dept. of Health and Human Services214-819-1858