





COMMITTED TO OUR COMMUNITIES

RESOURCE BOOK

RESOURCES FOR HOUSING,
MENTAL HEALTH, TRANSPORTATION
AND SUBSTANCE ABUSE ASSISTANCE

EMERGENCY NUMBERS

In the event of a life-threatening emergency, please call 911.

The following contacts provide assistance 24 hours a day, 365 days a year:

NATIONAL SUICIDE PREVENTION LIFELINE: DIAL 988

NTBHA CRISIS HOTLINE: 866-260-8000

CRISIS TEXT LINE: TEXT TX TO 741741

NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-7233

VETERANS CRISIS LINE: 800-723-8255, OPTION 1

**TEXAS 2-1-1 CONNECTING PEOPLE TO SERVICES:
DIAL 211, OPTION 8**

HOUSING FORWARD HOMELESS CRISIS HELP LINE: 888-411-6802

RUNAWAYS HOTLINE: 888-580-4357

SOCIAL SECURITY HOTLINE: 800-772-1213

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KEY TO SYMBOLS



Children



Christian Ministry



Domestic Violence



Food



Medical Care



Men



Resources



Shelter

ID

State ID



Women

SSN

Social Security

HOUSING RESOURCES

DALLAS COUNTY SHELTERS

AUSTIN STREET CENTER     
214-428-4242

1717 Jeffries St.
Dallas, TX 75226

Day services:

- Clothing
- Food
- Laundry
- Case management
- Education
- Employment
- Life skills
- Rapid rehousing

 18+  45+ **ID** (hospital discharge paperwork accepted)

THE BRIDGE    
214-670-1101

1818 Corsicana St.
Dallas, TX 75201

Day services:

- Onsite clinics
- Case management
- Employment specialist
- Food
- Laundry
- Hygiene
- Showers
- Mail
- Dog kennel



HOUSING RESOURCES

CENTER OF HOPE     
214-638-2988

4815 Cass St.
Dallas, TX 75235

Day services:

- Food
- Showers

- Discipleship program
- Job assistance
- Medical care

 18+  (ID and birth certificate for children required)

DALLAS LIFE     
214-421-1380

1100 Cadiz St.
Dallas, TX 75215

Day services:

- Food
- Housing

- Employment assistance

SSN & ID required

THE SALVATION ARMY    
Men's Shelter: 214-424-7050

Women's Shelter: 214-424-7112

5302 Harry Hines Blvd.
Dallas, TX 75235

Day services:

- Rental/utility assistance
- Metrocare

- IPS
- NTFB/SNAP
- Drive-thru food bank

HOUSING RESOURCES

DALLAS COUNTY SHELTERS (CONTINUED)

UNION GOSPEL MISSION     
214-637-6117

3211 Irving Blvd.
Suite 106
Dallas, TX 75247

Day services:

- Food
- Discipleship program
- Financial assistance
- AA/NA classes
- Long-term housing assistance
- Mandatory chapel at 7 p.m. daily

ID (hospital discharge paperwork accepted)
ugmdallas.org

TARRANT COUNTY SHELTERS

PRESBYTERIAN NIGHT SHELTER  
817-632-7400

2400 Cypress St.
Fort Worth, TX 76102

Day services:

- Safety
- Food
- Hygiene
- Housing
- Employment opportunities

  **ID** (any identifying documents)

HOUSING RESOURCES

TRUE WORTH DAY SHELTER

817-289-7474

1513 E. Presidio St.
Fort Worth, TX 76102

- Restrooms
- Showers
- Laundry
- Public Phones
- Computers
- Temporary storage
- Activities and classes
- Case management

UNION GOSPEL MISSION OF TARRANT COUNTY



817-339-2553

1321 E. Lancaster Ave., Fort Worth, TX 76102

ID required

ugm-tc.org/need-mission-services

DENTON COUNTY SHELTER

OUR DAILY BREAD   

940-566-1308

909 N. Loop 288, Denton, TX 76209

ourdailybreaddenton.org



HOUSING RESOURCES

COLLIN COUNTY SHELTERS

FAMILY PROMISE  
972-442-6966

- Food
- Shelter
- Support services

familypromiseofcollincounty.org/rotational-shelter

SAMARITAN INN 
972-542-5302

1514 N. McDonald St., McKinney, TX 75071

saminn.org

SSN & ID & birth certificate for children required

YOUTH SHELTERS

**ACH CHILD AND FAMILY SERVICES THE PAT O'NEAL
YOUTH EMERGENCY SHELTER (YES)**  

3712 Wichita St., Fort Worth, TX 76119

Emergency shelter in Tarrant County for runaway and unhoused youth, and trafficking survivors, age 10-17

HOUSING RESOURCES

AFTER8TOEDUCATE - FANNIE C. HARRIS YOUTH CENTER



469-914-1700

4212 Grand Ave.
Dallas, TX 75223
*Unhoused youth
age 14-21*

- Showers
- Laundry facilities
- Meals
- Clothing
- Emergency shelter
- Transitional living program services

CITY HOUSE (MY FRIEND'S HOUSE)

972-424-4626

972-971-0278 (after-hours emergency only)

830 Central Parkway East, Suite 350, Plano, TX 75074

Emergency shelter for youth age 0-17

cityhouse.org/mfh

LETOT CENTER AT DALLAS COUNTY JUVENILE FACILITY



214-357-0391

After hours: 214-956-2005

10505 Denton Drive
Dallas, TX 75220
Youth age 10-17

- Crisis intervention
- Emergency shelter
- Programing
- Counseling for runaway youth

HOUSING RESOURCES

DOMESTIC VIOLENCE SHELTERS

BRIGHTER TOMORROWS (GRAND PRAIRIE)   
972-262-8383

THE FAMILY PLACE    
214-941-1991
familyplace.org

GENESIS WOMEN'S SHELTER   
214-946-HELP

HOPE'S DOOR NEW BEGINNING CENTER (GARLAND)
 
972-422-2911

OTHER NON-SHELTER HOUSING RESOURCES

CITY HOUSE TRANSITIONAL LIVING PROGRAM
972-424-4626
830 Central Parkway East, Suite 350, Plano, TX 75074
Age 18 to 21
cityhouse.org/tlp

HOUSING RESOURCES

DALLAS HOUSING AUTHORITY

214-951-8300

3939 N. Hampton Road, Dallas, TX 75212

dhantx.com

HOMEBASE FOR HOUSING

214-520-6308 ext. 340

4054 McKinney Ave.

Suite 102, Dallas, TX 75204

OURCALLING

214-444-8796

1702 S. Cesar Chavez Blvd., Dallas, TX 75215

ourcalling.org

SALVATION ARMY PLANO

972-423-8254

3528 14th St., Plano, TX 75074

- Food pantry
- Cooling station

MENTAL HEALTH SERVICES

DALLAS COUNTY

BIENSTAR BILINGUAL COUNSELING SERVICES

214-682-7842

8111 Lyndon B. Johnson Fwy.
Suite 100, Dallas, TX 75251

bienstarcounseling.com

- Bilingual services
(English & Spanish)
-

CHILD & FAMILY GUIDANCE CENTER

866-695-3794 or 214-351-3490

9 locations in Dallas, Oak Cliff, Rockwall, Plano, Greenville,
Corsicana, Kaufman, Mesquite and Waxahachie

DALLAS COUNTY LOCAL INTELLECTUAL DEVELOPMENTAL DISABILITIES AUTHORITY (LIDDA)

214-948-9950

1330 River Bend Drive
Suite 300, Dallas, TX 75247

Serving those with intellectual or
developmental disabilities

DALLAS METROCARE SERVICES

214-743-1215

metrocareservices.org/locations

MENTAL HEALTH SERVICES

IPS RECOVERY

214-331-1200

2121 Main St., Suite 100, Dallas, TX 75201

METROCARE INTELLECTUAL AND DEVELOPMENTAL DISABILITY SERVICES

214-331-0107

1881 Sylvan Ave., Suite 200, Dallas, TX 75208

metrocarerservices.org/locations

NORTH TEXAS BEHAVIORAL HEALTH AUTHORITY

Crisis hotline (24/7): **866-260-8000**

Mental health: **214-366-9407** or **877-653-6363**

Substance use disorders: **844-275-0600**

ntbha.org

- Mental health services for children and adults
 - Substance use treatment
 - Case management
-

SOUTHERN AREA BEHAVIORAL HEALTH

972-283-9090

4215 Gannon Lane, Dallas, TX 75237

MENTAL HEALTH SERVICES

COLLIN COUNTY

LIFEPATH SYSTEMS

Crisis hotline: **877-422-5939**

Mental health service inquiries: **972-562-0190** or **844-544-5939**

Intellectual and developmental disability services: **972-727-9133**

7300 Alma Drive

Plano, TX 75025

lifepathsystems.org

- Mental health services for children and adults
- Substance use treatment
- Case management

DENTON COUNTY

CRISIS LINE

800-762-0157

CRISIS OUTPATIENT CLINIC (PSYCHIATRIC TRIAGE CLINIC)

940-381-9965

Service inquiries: **940-381-5000**

Intellectual and developmental disability services: **940-565-5249**

2509 Scripture St., Suite 103, Denton, TX 76201

MENTAL HEALTH SERVICES

TARRANT COUNTY

MY HEALTH MY RESOURCES (MHRM) OF TARRANT COUNTY

Crisis Hotline

800-866-2465

Service inquiries

817-335-3022 or **800-866-2465**

Community-Based Services for:

- Youth and adults with intellectual and developmental disabilities
- Mental health conditions
- Substance use disorders
- Babies and young children with developmental delays

COUNSELING

THE CENTER COUNSELING

214-526-4525

4305 MacArthur Ave., Dallas, TX 75209

FAMILY TREE PROGRAM

888-837-0666 or **940-387-7517**

Locations in Farmers Branch, Duncanville, Dallas, Garland, Grand Prairie, Richardson, Lewisville, and Denton

- Substance use resources
 - Family counseling
-

JFS HEALTH CARE CENTER

972-437-9950

5402 Arapaho Road, Dallas, TX 75248

SUBSTANCE ABUSE RESOURCES

DALLAS COUNTY

NORTH TEXAS BEHAVIORAL HEALTH AUTHORITY

844-275-0600

8111 LBJ Fwy., Suite 900, Dallas, TX 75251

osar@ntbha.org

COLLIN COUNTY

LIFEPATH SYSTEMS

972-422-5939

1515 Heritage Drive, Suite 100, McKinney, TX 75069

bhosar@lifepathsystems.org

lifepathsystems.org

TARRANT COUNTY

MY HEALTH MY RESOURCES MHRM OF TARRANT COUNTY

817-332-6329

3840 Hulen Tower North
Fort Worth, TX 76107

mhmrarrant.org

- Substance use disorder screening
- Referral

SUBSTANCE ABUSE RESOURCES

RESIDENTIAL

CENIKOR TREATMENT CENTER

214-871-2483

2707 Routh St.
Dallas, TX 75201

cenikor.org/locations/turtle-creek

- Intensive residential
 - Adult outpatient services
-

HOMeward BOUND

214-941-3500

5300 University Hills Blvd., Dallas, TX 75241

NEXUS

214-321-0156

8733 La Prada Drive
Dallas, TX 75228

- Residential
- Outpatient

SUBSTANCE ABUSE RESOURCES

OUTPATIENT

ADDICARE GROUP OF TEXAS

972-278-4760

2722 W. Kingsley Road #115, Garland, TX 75042

APAA RECOVERY PEER SUPPORT SERVICES

(NOT TREATMENT)  

214-634-2722

3116 Martin Luther King Blvd., Dallas, TX 75215

apaarecovery.org/events

ARM MINISTRY RECOVERY SUPPORT SERVICES

214-943-5010

1128 Reverend CBT Smith St., Dallas, TX 75203

armdallas.org

DALLAS CHALLENGE (YOUTH PROGRAM)

214-942-5166

201 S. Tyler St., Dallas, TX 75208

SUBSTANCE ABUSE RESOURCES

HOMeward BOUND OUTPATIENT SUBSTANCE USE DISORDER SERVICES AND MEDICATION ASSISTED TREATMENT (MAT)

214-941-3500 ext. 246

2535 Lone Star Drive, 1st Floor, Dallas, TX 75212

INSPIRED HOPE GROUP, LLC METHADONE CLINIC

972-288-1800

1228 W. Scyene Road, Mesquite, TX 752149

INTEGRATED PSYCHOTHERAPEUTIC SERVICES

214-331-1200

2121 Main St. #100, Dallas, TX 75201

PHOENIX HOUSE (YOUTH PROGRAM)

214-999-1044

2345 Regan St., Dallas, TX 75219

S.T.E.P. (METHADONE CLINIC)

214-421-9100

1705 MLK Jr. Blvd., Dallas, TX 75215

SUBSTANCE ABUSE RESOURCES

OUTPATIENT (CONTINUED)

WEST TEXAS COUNSELING & REHABILITATIVE FOUNDATION (METHADONE CLINICS)

Irving

972-253-9370

1116 W. Pioneer Drive #1112, Irving, TX 75061

Dallas

214-630-7146

1808 Market Center Blvd., Dallas, TX 75207

Plano

972-516-2900

1108 Dobie Drive, Plano, TX 75074

ZOOM INITIATIVE OUTPATIENT CLINIC

214-221-0132

12959 Jupiter Road, Suite 140, Dallas, TX 75238

COMMUNITY HEALTH CLINICS

DALLAS COUNTY

THE AGAPE CLINIC

972-707-7782

4104 Junius St.
Dallas, TX 75246

theagapeclinic.org

- Medical
- Dental
- Behavioral health

BROTHER BILL'S HELPING HAND COMMUNITY

HEALTH CLINIC

214-638-2194

West Dallas

Campus Location

3906 Westmoreland Road
Dallas, TX 75212

bbhh.org/clinic

- Annual exams
- Eye exams
- Women's wellness
- Mammograms
- Vaccinations
- Prostate screening
- Support for managing chronic illnesses

FOREMOST FAMILY HEALTH CENTER

214-426-3645

214-360-2963 after hours

Multiple locations

foremostfhc.org

- Dentistry
- Labs
- Behavioral health therapists
- OB
- PCP
- Pediatric

COMMUNITY HEALTH CLINICS

DALLAS COUNTY (CONTINUED)

PARKLAND HEALTH COMMUNITY ORIENTED PRIMARY CARE CLINICS (COPC)

214-266-4000

Clinics throughout Dallas County

Patient Financial Services (for uninsured)

214-590-8831

Multiple Locations

parklandhealth.org

PARKLAND HOMELESS OUTREACH MEDICAL SERVICES (HOMES)

214-590-0153

Locations at The Bridge and The Stewpot

Mobile units throughout Dallas County

parklandhealth.org/homeless-outreach

- Medical
- Dental
- Behavioral health

RESOURCE CENTER

myresourcecenter.org

- HIV testing & support
- LGBTQ+ health services
- Mental health care

COMMUNITY HEALTH CLINICS

WATERMARK URGENT CARE

469-317-0028

780 LBJ Fwy. #124
Dallas, TX 75243

Mobile Clinic
214-613-1622

3400 Garden Lane
Dallas, TX 75215

- Urgent care
- Medical testing
- Holistic care

watermarkurgentcare.com

WOVEN HEALTH CLINIC

Carrollton Clinic
469-574-2022

25 N Josey Lane Plaza 3
Suite 111, Carrollton, TX 75010

Farmers Branch Clinic
972-484-8444

1 Medical Parkway Suite 149
Farmers Branch, TX 75234

- Primary care
- Preventative care
- Mental health
- Chronic disease management

- Primary care
- Preventative care
- Mental health
- Chronic disease management
- Women's health

wovenhealth.org

COMMUNITY HEALTH CLINICS

COLLIN COUNTY

CITYBRIDGE URGENT CARE

972-972-8930

910 W. Parker Road #102,
Plano, TX 75075

citybridgeurgentcare.org

- Urgent care
 - Medical testing
 - Holistic care
-

COMMONGOOD MEDICAL (FORMERLY HOPE CLINIC OF MCKINNEY)

972-972-8930

103 E. Lamar St., McKinney, TX 75069

ID (proof of income & proof of address required)

COMMUNITY HEALTH CLINIC

972-547-0606

4510 Medical Center Drive #204
McKinney, TX 75069

- Primary care
- Women's wellness
- Prescription assistance
- Counseling

COMMUNITY HEALTH CLINICS

FAMILY HEALTH CENTER ON VIRGINIA

214-618-5600

620 W. Virginia St.
McKinney, TX 75069

- Primary care
 - Dental
 - Women's health
 - Counseling
-

JULIA'S CENTER FOR HEALTHCARE

972-535-5099

1947 Ave. K, Suite 400A, Plano, TX 75074

WOMEN'S HEALTH CENTER

972-596-5900

3713 W. 15th St., Suite 401, Plano, TX 75075

COMMUNITY HEALTH CLINICS

DENTON COUNTY

DENTON COUNTY PUBLIC HEALTH

Main office

940-349-2900

535 S. Loop 288
Denton, TX 76205

Lewisville office

972-434-4700

190 N. Valley Parkway
Lewisville, TX 75067

- Primary care
- Women's wellness

dentoncounty.gov/737/indigent-health-care

DENTON KIWANIS CLUB-CHILDREN'S CLINIC (PEDIATRIC)



940-387-6323

1001 N. Elm St., Denton, TX 76201

dentonkiwanis.org

PEDIPLACE (PEDIATRIC)

972-436-7962

502 S. Old Orchard Lane, Suite 126, Lewisville, TX 75067

pediplace.org

COMMUNITY HEALTH CLINICS

PRIMARY CARE CLINIC OF NORTH TEXAS (FAMILY PRACTICE)

Plano office

972-596-6005

3900 American Drive, Suite 201, Plano, TX 75075

Lewisville office

972-221-6005

650 W. Main St., Suite 201, Lewisville, TX 75067

primarycareclinic.org

TARRANT COUNTY

CORNERSTONE FORT WORTH

817-632-6001

3500 Noble Ave.
Fort Worth, TX 76111

cornerstonefortworth.org

- Cataract clinic
- Dental clinic

JPS HEALTH CONNECT CLINIC)

817-702-1100

1400 S. Main St., Suite 401, Fort Worth, TX 76104

COMMUNITY HEALTH CLINICS

TARRANT COUNTY (CONTINUED)

MERCY CLINIC  
817-840-3501

775 W. Bowie St.
Fort Worth, TX 76110

*Age 18+, live in zip codes
76110 or 76104 only*

mercy-clinic.org

- Medical
- Dental
- Prescriptions

DENTAL CLINICS

INDEPENDENCE DENTAL 
972-915-0400

3100 Independence Parkway, Suite 204, Plano, TX 75075
All patients including walk-ins are welcome

JEFFERSON DENTAL CARE 
972-265-0111

1110 E. Parker Rd. #110
Plano, TX 75074

- General
- Specialty services

ADDITIONAL RESOURCES

SOCIAL SERVICE AGENCIES

ALL COMMUNITY OUTREACH

972-727-9131

801 E. Main St.
Allen, TX 75002

- Food support
- Rental/utility assistance
- Career and educational services

THE ASSISTANCE CENTER OF COLLIN COUNTY

972-422-1850

900 E. 18th St., Plano, TX 75074

assistancecenter.org

BROTHER BILL'S HELPING HAND

214-638-2196

3906 Westmoreland Road
Dallas, TX 75212

bbhh.org

- Grocery store
- Community health clinic
- Mental health
- Counseling
- Kids' programs
- Workshops
- Pathways job training program for women
- Adult classes
- After school program

ADDITIONAL RESOURCES

SOCIAL SERVICE AGENCIES (CONTINUED)

CATHOLIC CHARITIES

866-223-7500

421 W. Mockingbird Lane
Dallas, TX 75247

ccdallas.org

- Employment services
- Financial literacy
- Food and meals
- Immigration legal services
- Refugee resettlement
- Pregnancy counseling
- Adoption services
- Homelessness
- Assistance with disaster relief and preparedness

IRVING CARES

972-721-9181

440 South Nursery Road #101
Irving, 75060

Irving residents only

irvingcares.org

- Short-term rent
- Utility
- Prescription assistance
- Education programs and employment services

ADDITIONAL RESOURCES

JEWISH FAMILY SERVICE OF GREATER DALLAS

972-437-9950

5402 Arapaho Road
Dallas, TX 75248
jfsdallas.org

- Mental health/counseling services
 - Family violence intervention
 - Food pantry
 - Emergency assistance
 - Career and financial services
 - Services for older adults
-

MARTIN LUTHER KING CENTER

214-670-8416

2922 Martin Luther King Jr Blvd.
Bldg. A, Dallas, TX 75215

- Social services
 - Support program
-

METROCREST SERVICES

972-446-2100

1145 N. Josey Lane
Carrollton, TX 75006

- Short-term rent/mortgage assistance
- Utility assistance

Serving Carrollton, specifically 75287, and Farmers Branch

ADDITIONAL RESOURCES

SOCIAL SERVICE AGENCIES (CONTINUED)

NETWORK OF COMMUNITY MINISTRIES

972-234-8880

1500 International Parkway #300
Richardson, 75081

*Requires documentation
of income and members
of household*

thenetwork.org/get-help

- Assistance with food, housing and utilities
- Mental health services
- Senior services
- Youth programs

NORTH DALLAS SHARED MINISTRIES

214-358-8700

2875 Merrell Road
Dallas, TX 75229

ndsm.org

- Food pantry
- Rent and utility assistance
- Medical care
- Dental care
- Clothes closet

NORTH TEXAS FOOD BANK

214-330-1396

3677 Mapleshade Lane, Plano, TX 75057

ntfb.org

ADDITIONAL RESOURCES

STEW POT

214-746-2785

1610 S. Malcolm X Blvd.
Dallas, TX 75226

thestewpot.org

- Case management
- Mail services
- Identification document assistance
- Medical/dental/mental health care
- Rapid rehousing program
- Permanent supportive housing program

WEST DALLAS MULTIPURPOSE CENTER

2828 Fish Trap Road
Dallas, TX 75212

- Utility assistance
- Rental assistance
- Housing opportunities for persons with AIDS
- Emergency shelter grants

ADDITIONAL RESOURCES

LEGAL AND IMMIGRATION SERVICES

CATHOLIC CHARITIES OF DALLAS IMMIGRATION AND LEGAL SERVICES

1421 W. Mockingbird Lane
Dallas, TX 75247

Must qualify for citizenship

- Immigration legal aid: free to low-cost citizenship services
 - Financial aid
 - Refugee services
-

HUMAN RIGHTS INITIATIVE OF NORTH TEXAS

214-855-0520

2801 Swiss Ave.
Dallas, TX 75204

- Immigration services (children included)
- Asylum
- Relief as a victim of domestic violence or violent crime in the U.S.
- Representation in immigration proceedings

ADDITIONAL RESOURCES

LEGAL AID OF NORTH WEST TEXAS

Clinic Locations:

Dallas**214-748-1234**

1515 Main St.

Dallas, TX 75201

Denton**940-383-1406**

2220 San Jacinto Blvd.

Denton, TX 76205

McKinney**972-542-9405**

901 N. McDonald St.

McKinney, TX 75069

Fort Worth

600 E. Weatherford St.

Fort Worth, TX 76102

- Landlord/tenant cases
- Family law
- Wills and estates
- Public benefits
- Federal tax
- Real property matters

PROYECTO IMMIGRANTE

888-793-2182 ext. 3201

Virtual office

- Immigration counseling services
- Residency and citizenship assistance

TRANSPORTATION RESOURCES

DALLAS AREA RAPID TRANSIT (DART)

214-979-1111

DART.org

DART PARATRANSIT SERVICES

214-515-7272

DART.org/paratransit

DENTON COUNTY TRANSPORTATION AUTHORITY (DCTA)

940-243-0077

DCTA.net

TRINITY METRO

817-215-8600

RideTrinityMetro.org

LOGISTICARE, TEXAS MEDICAID TRANSPORTATION

972-855-8084

TRANSPORTATION RESOURCES

MYRIDE DALLAS

214-515-7272

myriedallas@ccadvance.org



























- Help finding transportation options in Dallas County
-

MY RIDE NORTH TEXAS















800-898-9103

- Help finding regional transportation options in 16 North Texas counties





















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