



**COLLIN
COLLEGE**

COMMUNITY RESOURCES GUIDE

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The resources listed in this document are available in the local community. Collin College's Counseling Services Office does not endorse any of these resources. It is the individual's responsibility to conduct research and make choices that are appropriate for them based on the information received.

CRISIS SUPPORT

Organization	Description	Contact Info
<u>2-1-1</u>	Free and confidential service that helps people across North America find the local resources they need including food, housing, employment, healthcare, counseling, and more.	2-1-1
<u>Lifeline: Suicide Prevention</u>	If you need emotional support, reach out to the national mental health hotline: 988.	9-8-8
<u>North Texas Behavioral Health Authority</u>	Service area: Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall Provides mental health and substance abuse services for low-income individuals.	Crisis Line: 866-260-8000 Call or Text: 214-366-9407
<u>Child Protective Services (CPS)</u>	Provides resources for reporting suspicions of abuse, neglect, and exploitation of children, adults with disabilities, or people who are elderly (65 years or older).	800-252-5400
<u>National Domestic Violence Hotline</u>	Offers support, crisis intervention information, and referral services in over 170 languages. Visitors can find information about domestic violence, safety planning, local resources, and legal help.	24/7 Hotline: 800-799-7233 Text "START" to 88788
<u>Turning Point</u> (Sexual Assault Center)	Offers treatment and prevention of bullying, sexual harassment, and sexual assault through individual counseling, community outreach, education, and legal advocacy.	24/7 Hotline: 800-866-7273
<u>RAINN – Rape, Abuse, & Incest National Network</u>	Services include finding a local health facility that is trained to care for survivors of sexual assault. Also offers sexual assault forensic exams, local resources that can assist with next steps toward healing and recovery, referrals for long term support, and basic information about medical concerns.	800-656-HOPE (4673)
<u>Suicide & Crisis Center of North Texas</u>	Free and confidential crisis line staffed by trained volunteers who are available to talk and listen 24 hours, 7 days a week. Offers mental health screenings for youth as well as suicide awareness training for schools.	24 HR: 214-828-1000 or 800-273-8255 Text "Connect" to 741741

COMMUNITY RESOURCES

Organization	Description	Contact Info
<u>All Community Outreach</u> 801 E. Main Street Allen, TX 75002	Service Area: Residents of Collin County Financial assistance for rent and utilities Food Medical visits and prescriptions Clothing GED classes, college assistance, financial coaching, and career counseling	972-727-9131
<u>Assistance Center of Collin County</u> 900 E. 18th Street Plano, TX 75074	Service area: Collin County Financial Assistance for rent and utilities; appt only In-person assistance registering for SNAP Financial Literacy Classes Employment Workshops Showers available on Saturdays	Hotline: 972-422-1850 Office: 972-422-1125
<u>Christian Community Action</u> 200 S. Mill Street Lewisville, TX 75057	Service areas: Denton County, Coppell ISD, Frisco ISD Financial Assistance: In person only appointments Food pantry: Self-selections Education and Empowerment: GED, job search help Children's Programs Senior Services	972-221-1224
<u>Community Council of Greater Dallas Inc.</u> 1341 W. Mockingbird Ln. Suite 1000W Dallas, TX 75247	Service Area: Dallas County Provides access to community services including MY RIDE for senior citizens Low-cost health coverage for children and teens Multiple community youth development programs for those living in the greater Dallas area	214-871-5065
<u>Frisco Family Services</u> 9111 Dogwood St. Frisco, TX 75033	Service Area: City of Frisco or within the Frisco ISD boundary Case management services Emergency financial assistance Food pantry: Grocery like shopping Adult Life Skills Education Seasonal: Holiday assistance, School to School Fair	972-335-9495
<u>Hope Restored Missions</u> 1947 K Ave. Suite 300 Plano, TX 75074	Service Area: No limits of areas served Appointment Based Only ▪ Case management support ▪ Housing support ▪ Job placement/training, computer lab, emergency ▪ Food, hygiene kits, clothing ▪ Healthcare Assistance: medical, dental, mental health ▪ ID replacements: ID, Birth certificate, Social Security, Driver's License Adult Literacy: GED test- prep and ESL tutoring	214-501-2181

COMMUNITY RESOURCES CONT.

Organization	Description	Contact Info
<u>The Samaritan Inn</u>	Emergency Utility Assistance: Available for NRG affiliates and Atmos clients living within service area. This application is not a guarantee of assistance. Limited funding available. <u>Application Form</u>	972-542-5302
<u>The Storehouse of Collin County</u> 1401 Mira Vista Blvd. Plano, TX 75093	All programs are appointment based: ▪ Seven Loaves: Food Pantry ▪ Joseph's Coat: Clothing Closet ▪ Project Hope: Case management support ▪ The Academy: Job skills, language skills, life skills	469-385-1815
<u>Salvation Army</u> 3528 14 th St. Plano, TX 75074 600 Wilson Creek Parkway Mckinney, TX 75069	One of the largest social service providers in the U.S. • Family Services: after-school programs, camps, and more • Utility Rent Assistance • Holiday Giving • Meal Assistance • Adult Program Services	Plano: 972-423-8254 McKinney: 972-542-6694

FOOD RESOURCES

Organization	Description	Contact Info
<u>Community Food Pantry of McKinney</u> 307 Smith St. McKinney, TX 75069	Service Area: Mckinney and surrounding areas - Choice Pantry: Shop freely for those in need of food - Mon-Wed: 11:00 AM - 3:30 PM - Thurs: 11:00 AM - 6:30 PM - Fri: 10:00 AM - 12:30 PM	972-547-4404
<u>North Texas Food Bank</u>	Service areas: Serves 13 counties including Collin County - Taking applications for SNAP - Mobile Food Distribution - Food Pantry Referrals Mobile Pantry comes to Collin College Plano Campus on the 1st Thursday of the Month. Located between Student Housing and the Library.	SNAP/Benefits Assistance: 214-269-0906
<u>5 Loaves Ministries</u> 4401 Williford Rd. Sachse, TX 75048	Residents: Sachse, Garland, Wylie, Murphy, Richardson, or Rowlett. Families must register prior to attending. May request: baby and kids clothing, diapers, baby wipes, baby food/formula (when available) - Tuesdays: 10:00 AM – 12:00 PM - Thursdays: 10:00 AM – 12:00 PM and 5:00 – 7:00 PM	469-767-8071
<u>St Vincent De Paul</u> 652 Redbud Blvd McKinney, TX 75069	Forms must be completed for initial visit, and provide an ID. Eligible to visit pantry once every two weeks. - Every Tuesday, 2:00-4:00 PM - Every Third Thursday of the month 2:00-4:00 PM	972-542-4667
<u>Melissa Community Outreach</u> 3107 McKinney Street Melissa, TX 75454	Provides food and coats for families in need. Monday and Thursday 5:00-6:30 p.m.	
<u>The Samaritan Inn: Food Pantry</u> 1601 N. Waddill Street McKinney, TX 75069	Service areas: Anna, Altoga, Blue Ridge, Celina, Copeville, Farmersville, Josephine, Lavon, Lowry Crossing, McKinney, Melissa, Nevada, New Hope, Princeton, Prosper, Van Alstyne, Westminster, and Weston. - Tuesday, Wednesday, Thursday 10:00 AM – 2:45 PM (closed 1:00 pm – 1:30 PM for restocking) - Friday 9:00 AM – 1:45 PM	972-542-5302

HOUSING RESOURCES – ADULTS AND FAMILIES

Organization	Description	Contact Info
<u>Austin Street Shelter</u> 1717 Jeffries St. Dallas, TX 75226	Dallas county residents only Men: 45 and older; Women: 18 and older Emergency shelter and a transitional living facility for those with employment. Substance abuse and psychological counseling are available. Services are provided at no cost.	214-428-4242
<u>Collin County Homeless Coalition</u>	CCHC is made up of leaders from the diverse community of Collin County. These leaders and organizations are committed to serving families and individuals in Collin County who are experiencing homelessness and/or crisis.	
<u>Dallas Life Foundation</u> 1100 Cadiz St. Dallas, TX 75215	Men and women accepted Faith Based Program. Shelter and meals are served daily. Clothing is provided for daily living, job interviews, as well as for children. Fee of \$12 daily or sign up for a 10-month program which is free. Outside jobs encouraged after three months and housing assistance with completion of the 10 month Program.	214-421-1380
<u>Elevate North Texas Youth Shelter</u> 17000 Dallas Parkway Suite 209 Dallas, TX 75248	Young adults: 18-24 Programs include Host Homes or Hotel Vouchers and offers Reunification and family reconnection.	214-531-0752
<u>Family Gateway</u> Simmons Family Gateway Resource Center 1421 W. Mockingbird Ln. Suite C Dallas, TX 75247 Family Gateway North 19373 Preston Road Dallas, TX 75252	Shelter works with Partner Agencies in the Dallas community to deliver services including mental and physical health care; employment readiness and job training; financial literacy classes and education.	214-823-4500
<u>Family Promise of Collin County</u> Sustainable Independence Program (SIP)	Provides food, shelter and support services for Collin County families with children as they regain sustainable independence. All services are provided based on demonstrated need.	972-442-6966
<u>Salvation Army</u>	Housing assistance Dallas location only. Group homes, emergency shelters, and transitional living centers provide housing, food, and overnight lodging. Rental and utility assistance offered. Also provides educational, counseling and vocational services to homeless individuals and families.	214-424-7000

HOUSING RESOURCES – ADULTS AND FAMILIES CONT.

Organization	Description	Contact Info
<u>Samaritan Inn</u> 1514 N. McDonald Street McKinney, TX 75071	Homeless shelter for individuals and families who live in Collin County; limited overnight emergency shelter. Also provides classes in a variety of life skills: parenting, budgeting, job training, computer skills, and customer service job training.	972-542-5302
<u>Union Gospel Mission</u> Men's Shelter: 3211 Irving Blvd. Dallas, TX 75247 Women and Children's Shelter: 4815 Cass St. Dallas, Texas 75235	Men and women (18+) and their children in Dallas County. The Union Gospel Mission is a faith-based homeless shelter providing food, beds, and clothing to homeless.	Men's Shelter: 214-637-6117 Women and Children's Shelter: 214-638-2988

HOUSING RESOURCES – WARMING SHELTERS

Organization	Description	Contact Info
<u>Plano Overnight Warming Stations (POWS)</u> The East Plano Islamic Center 4700 14th St Plano, TX 75074	The Plano Overnight Warming Station (POWS) provides a warm and safe place for the homeless to sleep when the temperature drops below freezing.	214-988-9434
McKinney Emergency Overnight Warming Shelter 600 Wilson Creek Parkway McKinney, TX	Opens Sunday through Thursday from 7:00 p.m.-8:00 a.m. Holiday hours may vary.	919-636-9789

HOUSING RESOURCES – YOUTH SHELTERS

Organization	Description	Contact Info
<u>ACH – Child and Family Services</u> 3712 Wichita Street Ft. Worth, TX 76119	Adoption, foster care, and Turning Point for persons in CPS Region 3 (includes Collin). Offers crisis intervention, acute stabilization, and family preservation programs. Immediate assessment and crisis intervention are available.	817-335-HOPE (4673) 888-296-8099
<u>CITY House</u> 830 Central Pkwy E. #350 Plano, TX 75074	Serves youth newborn to 21-years-old through three primary programs —an Emergency Shelter for children in Plano, Outpatient Counseling Services for individuals and families, and Transitional Living Program in both Plano and Frisco.	Plano 972-424-4626 Emergency 972-971-0278
<u>Letot – Dallas County Juvenile Facility</u> 10505 Denton Drive Dallas, TX 75220	Emergency shelter, licensed by the Texas Department of Family and Protective Services, provides crisis intervention, diversion programs, and counseling for runaway youth in Dallas County.	214-698-2200

HOUSING RESOURCES – TRANSITIONAL LIVING

Organization	Description	Contact Info
<u>AGAPE Resource & Assistance Center</u> Plano, TX 75086	Provides housing and transitional services to homeless single women, moms and their children. With the help of case workers and counselors, women and children typically stay with Agape from 6 months to a year, during which they gain the skills, strength and stability for self-sufficiency.	469-814-0453
<u>Bella House</u> Plano, TX 75094	A faith-based residence for homeless, pregnant women and provides for immediate needs of women, and babies including food, clothing, and baby items. Programs include parenting, nutrition, budgeting, boundary setting, healthy relationships, adoption, etc. Each woman can stay in the home with her child until she graduates from the program.	972-379-7450 <u>contact@bella-house.org</u>
<u>CITY House -Transitional Living Program</u> 830 Central Parkway E. #350 Plano, TX 75074	Transitional Program for Youth 18-24 years Residential stays with access to food, clothing, and shelter, individual and family counseling, medical examination upon intake, academic assistance, transportation assistance, and therapeutic group classes in Collin County.	972-424-4626
<u>Emily's Place</u> Plano, TX 75086	Primarily for women and children survivors of domestic violence in Collin County. Includes counseling, vocational assistance, life skills development, employment assistance and spiritual nurturing. Transportation to Addiction Programs available for residents with at least 1 year of sobriety. Residency is available and encouraged for up to two years.	972-424-7775
<u>Jim Riley Outreach</u> Blake's House – Women His House – Men	Provides transitional living for home in Collin County that serve young adults who have aged out of foster care, or who are homeless and without critical support. For young adults aged 18-24. Program centers around the development of life skills, life coaching and mentoring.	972-358-4732 <u>info@jimrileyoutreach.org</u>
<u>Mater Maria Dallas: Catholic Charities</u> 1421 W. Mockingbird Lane Dallas, TX 75247	Provides housing for pregnant women 18+. After birth, mother and child can stay in the house for up to 8 months. Rooted in Catholic traditions but welcome mothers regardless of marital, socioeconomic status, religious beliefs.	866-223-7500
<u>Our Friend's Place</u> 6500 Greenville Ave. Suite 620 Dallas, TX 75206	Program provides young women ages 18-24 in Dallas with a supportive home and teaches the skills young women need to lead self-sufficient lives. Curriculum stresses the importance of education, career planning, financial literacy, and self-reliance.	214-520-6268
<u>Shared Housing Center, Inc.</u> 4611 East Side Ave. Dallas, TX 75226	Offers a commitment of up to 12 months to homeless single parents with children and older adults. Services include crisis intervention, educational/employment assistance, economic self-sufficiency programs, social, and recreational programs.	214-821-8510 <u>info@sharedhousing.org</u>
<u>Shiloh Place</u> McKinney, TX 75070	A ministry to single moms, 20+ and their children, under 10, who are homeless or at risk of homelessness in McKinney that offers housing, childcare, and tuition assistance for up to two years.	469-534-9407

PSYCHIATRIC/BEHAVIORAL HEALTH HOSPITALS

Organization	Description	Contact Info
<u>CHANGES Outpatient of Plano (Carrollton Springs)</u> 5920 K Avenue Plano, TX 75074	Partial Hospitalization (PHP) 6 hours day /5 days a week and Intensive Outpatient (IOP) 3 hours day/5 days a week. Offers treatment for Mental Health, Chemical Dependency and Co-Occurring for Adults.	972-212-5487
<u>Dallas Behavioral Healthcare Hospital</u>	Partial Hospitalization (PHP) 5 hours day/ 5days a week and Intensive Outpatient (IOP) 3 ½ hours, 3 times a week. Child/Adolescent services, Adult Psychiatry, Dual Diagnosis and Geriatric Psychiatry. No cost assessments.	972-982-0897
<u>Hickory Trail Hospital</u> 2000 N. Old Hickory Trail DeSoto, TX 75115	24 hours a day, 7 days a week. No cost initial evaluation. Serves specialized needs of children, adolescents, adults, and seniors with mental health issues such as depression, anxiety and stress, bipolar disorder, other emotional and mood disorders, behavioral problems, alcohol abuse and dependency, illicit and prescription drug abuse.	972-298-7323
<u>Medical City McKinney</u> 4500 Medical Center Dr McKinney, TX 75069	Inpatient and outpatient treatment for adults and seniors with psychiatric conditions including Anxiety and panic attacks, depression, addiction disorders, suicidal and/or aggressive behavior, trauma and PTSD, and bipolar disorder.	972-547-8000
<u>Children's Medical Center</u> 1341 W Mockingbird Ln Dallas, TX 75247 Ste. 1200W 7609 Preston Rd, Ste. P4600 Plano, TX 75024	Mental Health professionals specialize in treating eating disorders, depression, and other mood disorders, and preventing suicide in children and teens.	Inpatient/ Dallas: 214-456-8899 Outpatient (Dallas and Plano): 469-303-4787
<u>Glen Oaks Hospital</u> 301 E. Division Greenville TX, 75402	Inpatient and outpatient services for adults 18+ struggling with behavioral health or substance use disorders. Free assessments 24/7.	903-228-4750
<u>Texas Health Resources-Behavioral Health</u>	Inpatient treatment, Psychiatric services, Outpatient treatment including intensive outpatient (IOP) and partial hospitalization (PHP) for mental health and substance abuse issues. Offices: Allen, Dallas, Frisco and Richardson	877-847-9355

COUNSELING SERVICES

Organization	Description	Contact Info
<u>Child & Family Guidance Center</u> 8915 Harry Hines Blvd. Dallas, TX 75235	Offers a range of programs designed to equip children, adults, and families with skills and resources needed to reduce the symptoms of mental illness and emotional distress. Staff is bilingual in Spanish and Asian languages. Offices in: Dallas, Mesquite and Plano.	Call Center: 214-351-3490 866-695-3794
<u>Collin College Counseling Services</u>	Enrolled students in Collin College receive 8 free sessions, per enrolled semester, by a licensed mental health professional. Appointment based only. Services are in-person or virtual. Locations: Plano, Frisco, McKinney, and Wylie Campuses	972-881-5126 <u>personalcounseling@collin.edu</u>
<u>Children's Advocacy Center of Collin County</u> Los Rios Campus: 2205 Los Rios Blvd. Plano, TX 75074 Speese Campus: 1701 Heritage Dr. McKinney, TX 75069	Specializing in trauma-informed therapy, offers services both to children and families victimized by child abuse. Services include forensic interviews, family advocacy, basic needs items and therapy.	Plano: 972-633-6600 McKinney: 972-633-6700
<u>The Counseling Institute of Texas</u> 3200 Southern Drive Suite 100 Garland, TX, 75043	Not-for-profit community counseling agency helping children, adolescents, and adults cope with marital and/or family problems, adolescent issues, divorce, blended families, school truancy and drop-out prevention, physical and sexual abuse, depression, suicide, anger management, and a variety of other issues.	972-271-4300
<u>Jewish Family Services</u> 16301 Quorum Drive Addison, TX 75001	Provides individual, family, marriage, or group counseling to include personal emotional crises such as depression, anxiety, mood disorders, and/or serious personal difficulties including conflicts in interpersonal relationships such as marriage or peer friendships. Also offers rental and utility bill assistance.	972-437-9950
<u>Life Path Systems</u> 7308 Alma Dr. Plano, TX 75025 1515 Heritage Dr. McKinney, TX 75069	Provides Mental Health and Substance Abuse Services in Collin County and specializes in providing services to those individuals diagnosed with a serious mental illness, substance use disorder, or both. They provide treatment for adults and early childhood intervention for developmentally delayed infants and their families. Children aged 3-17 and adults of any age.	Crisis Hotline: 877-422-5939 Plano: 972-422-5939 McKinney: 972-562-9647

COUNSELING SERVICES CONT.

Organization	Description	Contact Info
<u>Medical City Green Oaks Hospital</u> 7808 Clodus Fields, Dr. Dallas, TX 75251 3901 W 15 th St. Plano, TX 75075	Offers mental health services to include adult day treatment, outpatient counseling services, drug and alcohol treatment. Inpatient psychiatric care for adults and adolescents and an integrated Behavioral Health Clinic for outpatient counseling services.	Dallas: 972-991-9504 Plano: 972-596-6800
<u>Metrocare Services</u> 3242 Remond Drive Dallas, TX 75211	Services for those with developmental and mental health challenges. Provides services and programs for children through adults including outpatient clinics, rehabilitative programs, housing and homeless services, 24-hour emergency services, hospital liaison services, intensive family services, and long-term support services.	Hotline: 214-743-1215 214-743-1200
<u>Mosaic Family Services</u> 12225 Greenville Ave. Suite 600 Dallas, TX 75243	A nonprofit community-based organization that provides culturally and linguistically competent services to refugees and immigrants in crisis. Services include Legal Representation, shelter, counseling, client advocacy and community education.	24 HR Crisis: 214-823-4434 214-821-5393
<u>Richland Oaks Counseling Center</u> 1221 Abrams Rd. Suite 325 Richardson, TX 75081 6401 Eldorado Parkway Suite 327 McKinney, TX 75070	Provides psychotherapy for individuals, couples, and families and marital and pre-marital counseling. Psychological testing and evaluation are also provided. They offer sliding scale and payment plans. Clinicians are fluent in Spanish, Vietnamese, Urdu, Punjabi, Hindu, and Korean.	Therapy Appointments: 469-619-7622 Assessment Appointments: 469-609-7622
<u>SMU Center for Family Counseling</u> 6116 N. Central Expressway Suite 410 Dallas, TX 75206	Collin College students pay \$5. Provides counseling for families, couples, blended families, parent/child, sibling issues and other relationship concerns. Individual counseling includes personal, social and career related counseling. Adolescent, Group Counseling, and Play Therapy for Children are also offered.	214-768-6789
<u>STARRY Counseling</u> 8751 Collin McKinney Parkway #205 McKinney, TX 75070	Provides counseling services at no cost to families with children up to 18 years old. Services include individual, group and family counseling as well as parenting classes. Crisis Hotline is for emergency use only to help families avoid imminent abuse, runaways and severe family conflict. Also provides emergency services to children placed in foster care by CPS.	469-617-7476
<u>Texas Health Resources-Behavioral Health</u>	Treats anxiety and depression, psychiatric services, drug and alcohol treatment, intensive outpatient program (IOP) and partial hospitalization program (PHP) for mental health and substance abuse issues. Offices in: Allen, Dallas, Frisco and Richardson	877-847-9355 Free Evaluations

COUNSELING SERVICES CONT.

Organization	Description	Contact Info
<u>The Turning Point</u> (Sexual Assault Center)	Provides free counseling, education, and advocacy for those impacted by sexual assault. Also offers trauma-sensitive yoga groups for survivors.	24/7 Hotline: 800-886-7273
<u>Courtney's SAFE Place at The Turning Point</u> 3325 Silverstone Dr. Plano, TX 75023	Free forensic clinic that provides trauma-informed care for anyone 18 and older who have experienced sexual assault within the last 120 hours. Forensic nurses perform a medical legal exam, and advocates connect survivors with resources for counseling, legal services, shelter and follow up medical care.	800-886-7273
<u>UNT Child and Family Resource Clinic</u> 1180 Union Circle Denton, TX 76203	Community clinic offers counseling to children, adolescents, adults, couples and families for issues including learning, emotional and adjustment difficulties. Psychological assessments evaluate a child's (up to 18 years old) intellectual and learning abilities, speech and language concerns, and emotional or psychological challenges. Provides sliding scale fees based on income.	940-565-2066
<u>YAP – Youth Advocate Program</u> 8700 N. Stemmons Freeway Suite 460 Dallas, TX 75247	Specializes in working with adults and youth with autism spectrum disorders and developmental disabilities. Provide both outpatient services and in-home and school-based services.	214-821-6505

SUPPORT GROUPS

Organization	Description	Contact Info
<u>Al-Anon Family Groups/Alateen</u>	A support program for people whose lives have been affected by someone else's drinking/alcoholism. • No cost • Online for schedules/locations	Dallas: 214-363-0461 Fort Worth: 817-336-2492
<u>Association of Persons Affected by Addiction (APAA)</u> APAA Recovery Community Center 3116 Martin Luther King Jr. Blvd. Dallas, Texas 75215	Provides monthly peer support and recovery services for people experiencing mental health and substance use challenges, with a focus on long-term recovery and wellness. • Peer-driven recovery management • Job search and interview skills • Housing resources	214-634-2722
<u>Family Spectrum</u>	Family Spectrum Support Group (online) A weekly, virtual therapeutic and educational support group for parents and caregivers of neurodivergent children and teens.	
<u>Journey of Hope</u> 3160 East Spring Creek Parkway Plano, TX, 75074	Provides free peer grief support groups for children, adolescents, and their parents or adult caregivers after a death in North Texas.	903-751-5255
<u>National Autism Assoc. of North Texas</u>	Provides support, resources and education for families, individuals and professionals with autism spectrum disorder. • Monthly Advocacy Group for teens and young adults • Community Events for caregivers, teachers, and therapists	214-925-2722
<u>NAMI North Texas</u>	Counties Served: Dallas, Rockwall, Denton, and Collin Counties Offers support for families, caregivers, and persons suffering from mental illness and families with children and adolescents.	214-341-7133
<u>St. Andrew's United Methodist Church</u> 5801 W. Plano Parkway Plano, TX 75093	Support groups for caregivers of spouses with dementia. Groups meet on the third Thursday of the month at 10:00-11:00 a.m.	972-380-8001

SUBSTANCE USE/ABUSE SUPPORT

Organization	Description	Contact Info
<u>Access Counseling Group</u> 2600 Avenue K. Suite 102 Plano, TX 4280 Main #300 Frisco, Texas	Substance abuse treatment programs and services for individuals and families affected by drug and alcohol abuse in Collin County and the surrounding Dallas Counties. Programs include Education classes for: DWI, Drug Offender, and Repeat Offender	972-905-6574
<u>Carrollton Springs</u> 2225 Parker Road Carrollton, TX 75010 <u>Changes</u> 5920 Ave. K. Plano, TX 75074	Inpatient and intensive outpatient programs include addiction treatment and mental health recovery assistance. Senior adult programs available. Includes computer-based education and recovery management programs during and after treatment. Plano location intensive outpatient services only.	Carrollton: 972-242-4114 Plano: 972-212-5487
<u>Life Management Resources</u> 5068 W. Plano Parkway Suite 134 Plano, TX 75093	Facilities include detoxification, residential treatment, outpatient treatment, and medication management in Plano and McKinney. Group sessions meet three times a week for eight (8) weeks. Aftercare continues for 12 months following graduation. Sliding scale fees and Medicaid managed care.	972-944-9337
<u>Medical City Green Oaks</u> Adult Intensive Outpatient Program 4001 W. 15 th Street Suite 465 Plano, TX 75093 Locations in Dallas and Los Colinas	Alcohol and drug treatment programs that assist adults and their families through the early recovery stages of chemical dependency. Also provides Individual counseling and an intensive program for those returning to work.	Crisis: 972-770-0818 Office: 972-991-9504
<u>NEXUS Recovery Center</u> 8733 La Prada Drive Dallas, TX 75228	Adult women, pregnant and parenting women Offers programs for prevention and intervention, medical detoxification and residential treatment, intensive and supportive outpatient care, recovery support services, alumni and aftercare services, and pregnant and parenting intervention (PPI) program for pregnant women and those with children, case management, infant care and safety classes, drug education, and parenting classes.	214-321-0156
<u>Youth 180</u> 7777 Forest Lane Suite C-410 Dallas, Texas 75230	Licensed Level III and Level IV outpatient adolescent treatment facility provides: • Chemical assessments and drug testing. • Alcohol and drug education. • Individual, family and crisis counseling.	214-942-5166

SUBSTANCE USE/ABUSE SUPPORT CONT.

Organization	Description	Contact Info
<u>University Behavioral Health</u> 2026 W. University Drive Denton, TX 76201	Adolescent and adult inpatient and outpatient services. Chemical Dependency Program provides detox for persons addicted to alcohol, medications, and drugs while focusing on recovery through 12 step principles as well as relapse prevention.	24/7: 888-320-8101 Denton: 940-305-6060
<u>Texas Health Resources-Behavioral Health</u>	Inpatient treatment for drug and alcohol addiction and psychiatric services. Outpatient treatment includes intensive outpatient program (IOP) and partial hospitalization program (PHP) for mental health and substance abuse issues. Offices in: Allen, Dallas, Frisco, and Richardson	877-847-9355
<u>Rehabs.org</u>	Rehabs.org is a comprehensive resource for individuals to help find drug and alcohol treatment centers in their community. Many facilities offer sliding scale payments or have financial assistance programs for those without medical insurance.	214-216-0082

RECOVERY SUPPORT

Organization	Description	Contact Info
<u>Alcohol Anonymous</u>	Support group for people recovering from alcohol addiction. • No cost • Online for schedules/locations • Locations in Dallas and North Dallas (Frisco, Richardson, Carrollton, etc.)	214-887-6699
<u>Gaming Addicts Anonymous</u>	A fellowship of people who support each other in recovering from the problems resulting from excessive game playing. <u>Meetings are held online.</u>	Helpline: 970-364-3497
<u>Narcotics Anonymous</u> <u>Dallas Area Narcotics Anonymous</u>	Offers recovery from the effects of addiction through working a twelve-step program. Groups provide help from peers and offer an ongoing support network for addicts who wish to maintain a drug-free lifestyle.	972-699-9306

SEXUAL AND DOMESTIC VIOLENCE SUPPORT

Organization	Description	Contact Info
<u>Denton County Friends of the Family</u> 4845 S I35 E. Suite 200 Corinth, TX 76210	Provides services to survivors of relationship violence and sexual assault. • 24 HR Crisis Services: Call or text • Emergency Shelter • Transitional Housing • Advocacy and Legal support • Counseling • Battering Intervention and Prevention	24 HR Hotline: 940-382-7273 800-572-4031 Text: 940-382-727 Office: 940-387-5131
<u>Genesis Women's Shelter</u> 4411 Lemmon Ave. Suite 201 Dallas, TX 75219	Provides safety, shelter and support to women and children experiencing domestic abuse: • 24 HR Crisis Services: Call or text • Emergency Shelter • Transitional Housing • Advocacy and Legal support • Individual and Group Counseling • Parenting Classes	24 HR Hotline Call or Text: 214-946-HELP (4357) Office: 214.389.7700
<u>Hope's Door New Beginning Center</u> 218 N. 10 th Street Garland, TX 75040	Offers intervention and prevention services to individuals and families affected by intimate partner and family violence. • 24 HR Crisis Services: Call or text • Emergency Shelter • Transitional Housing • Advocacy and Legal support • Individual and Group Counseling • Parenting Classes • Battering Intervention and Prevention • Program for those involved with CPS	24 HR Hotline: 972-276-0057 Office: 972-422-2911
<u>The Family Place</u> Dallas, TX 75209	Provides free, comprehensive services including emergency shelter, transitional housing, child development center, community-based counseling, incest recovery program, supervised child visitation, battering intervention and legal services. • 24 HR Crisis Services: Call or text • Emergency Shelter • Transitional Housing • Individual and Group Counseling • Legal Advocacy • Children's Programs • Male Survivor support • Supervised Visitation	24 HR Hotline: 214-941-1991 Office: 214-559-2170

SEXUAL AND DOMESTIC VIOLENCE SUPPORT CONT.

Organization	Description	Contact Info
<u>The Archway</u> 1010 N. Center Street Arlington, TX 76011	Offering the full range of support domestic violence survivors need today. • Emergency Shelter • Transitional Housing • Case Management and Advocacy • Support for Children • Legal Aid	24 HR Hotline: 877-701-SAFE (7233) Office: 817-535-6462
<u>Texas Advocacy Project</u>	Provides free legal and social services statewide to victims of domestic and dating violence, sexual assault, and stalking.	800-374-HOPE <u>Apply for services</u>

LGBTQIA+

Organization	Description	Contact Info
<u>Legacy Cares</u> 4054 McKinney Ave. Suite 102 Dallas, TX 75204	Provides mental healthcare, substance abuse treatment, and special care housing services for living with HIV and AIDS.	214-520-6308
<u>Resource Center</u> 2603 Inwood Road at Sadler Circle Dallas, TX 75235	Provides trusted LGBTQIA+ services in North Texas, including affirming healthcare, HIV/AIDS services, and safe community spaces.	214-521-5124

EMPLOYMENT SUPPORT

Organization	Description	Contact Info
<u>Collin College: Career Center</u>	Whether you are a student, alum, or community member, enjoy a one-stop-shop, career-preparation experience. From personalized career advising to job fairs and everything in-between, Career Center staff are ready to assist you with your career goals.	<u>career@collin.edu</u> <u>Schedule an Appointment</u>
<u>Easterseals North Texas</u> 6900 Anderson Blvd. Suite 104 Fort Worth, TX 76120	Employment services are available to veterans and individuals with disabilities or other employment barriers, ages 18 and older. Services include employment training, job placement, coaching, and support to help clients secure and maintain community employment. Services offered in office, virtual and community-based settings throughout Tarrant County and DFW.	972-394-8900
<u>My Possibilities</u> 3601 Mapleshade Lane Plano, TX 75075	Full-day, year-long continuing education and job placement program in North Texas, aimed to give adults with intellectual and developmental disabilities (IDD) the chance at higher education and an opportunity to let their untapped possibilities shine.	469-241-9100
<u>Texas Workforce Commission</u>	Offers career planning tools, job-search resources, match skills to new careers and resources on training and education programs. Information on occupational and industry and Texas Job market. Apply for unemployment benefits. Job assistance and resources for Veterans. <u>Link to apply for unemployment benefits</u>	Plano: 469-229-0099 McKinney: 972-542-3381 Garland: 972-276-8361
<u>North Texas Job Corps</u> 1701 N. Church St. Dallas, TX 75247	No-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16-24 with technical and academic training. There are 120-plus campuses nationwide where students earn the skills and gain the experience needed to begin a career or apprenticeship, advance to higher education, or join the military.	800-733-JOBS McKinney: 972-542-2623

LOW-COST MEDICAL REFERRALS

Organization	Description	Contact Info
<u>ASD</u> P.O. Box 4338 Dallas, TX 75208	Services include advocacy, education, and the development of affordable housing options and community development opportunities, to economically disadvantaged individuals and families who are living with, impacted by, or at risk for HIV/AIDS. Provides medical case management by AIDS Certified Registered Nurses (ACRN).	214-941-0523
<u>Collin County Health Care Services</u> 825 N. McDonald Suite #130 McKinney, TX 75069 WIC Office: 900 E. Park Blvd. Plano, Texas, 75074	Services include WIC, immunizations, STD/HIV care, Breast Cancer screening, primary care services (NextCare Program), and Collin County Indigent Program. <u>Click here for clinic fees.</u>	972-548-5500 WIC: 972-633-3350
<u>Common Good Medical</u> 2750 Virginia Parkway McKinney, TX 75071	Provides health care services and resources to uninsured, low-income, Collin County residents.	469-712-4246
<u>Community Health Clinic</u> 4510 Medical Center Drive Suite 204 McKinney, TX 75069	Non-profit free clinic that provides full-service clinic for uninsured low-income families. Women's wellness, pediatric care, prescription assistance. Services for uninsured and family's that meet income guidelines.	972-547-0606
<u>Family Health Center at Virginia Parkways</u> 1620 W. Virginia Street McKinney, TX 75069	Provides quality, affordable primary medical care, Ob/Gyn services, child and adult dentistry, and counseling services. Accepts Medicaid, CHIP, and Medicare. Provides sliding scale fees based on family size and income.	214-618-5600
<u>Health Services of North Texas</u> Center locations: Denton, Plano, and Wylie	Provides care for newborns, children, adults, and seniors. Accepts Medicaid, CHIP, Medicare, and most major insurance plans, and offers a sliding fee scale for patients who are uninsured or whose copays and deductibles are difficult to afford.	940-381-1501
<u>HOPE Women's Center</u> 2777 Virginia Parkway Suite 200 McKinney, TX 75071	Provides free and confidential pregnancy services. Services include pregnancy testing, ultrasounds, pregnancy education, and STI testing.	Call or Text: 972-562-4673
<u>Islamic Association of Collin County Health Clinic</u>	Provides adult, pediatric, psychiatric, and dental service by qualified Doctors and HIPAA certified volunteers. Also offer free five (5) blood tests. Appointment Only. Insured people are not eligible.	<u>Book appointment online</u>
<u>Legacy Adoption Services</u>	Provides caring, professional and affordable adoption services throughout Texas by offering support during pregnancy, screening prospective families for adoptions, and surrogacy.	817-784-7579

LOW-COST MEDICAL REFERRALS CONT.

Organization	Description	Contact Info
Life Path Systems Early Childhood Intervention	Services for: Collin, Fannin, Grayson, Kaufman, and Rockwall ECI provides support for families with children from birth to three years old with delays in their development. Services include development evaluation, speech therapy, physical therapy, occupation therapy, nutritional services, parent training, counseling and more.	972-562-0331
Pediplace 502 S Old Orchard Ln. #126 Lewisville, TX 75067	Non-profit pediatric healthcare serving children in North Texas from birth through 18 who are uninsured or those who qualify for Medicaid or CHIP benefits. Services include treatment of illnesses, preventive (well-child) care, including immunizations, mental health services, hearing and vision screenings, and treatment of chronic illnesses.	972-436-7962
Planned Parenthood	Offers preventive, primary care, which helps prevent unintended pregnancies through contraception, reduces the spread of sexually transmitted infections through testing and treatment, and screening for cervical and other cancers.	800-230-PLAN
Prism Health North Texas Dallas, TX	Services include primary medical care, women's health, pediatric care, HIV/STI testing and treatment, behavioral health services, dental care, and pharmacy access.	214-521-5191
Real Options for Women 1776 W. McDermott Drive Suite 100 Allen, TX 75013 Melissa Location and Mobile Plano Unit	Provides education and services for women to make informed choices when facing an unplanned pregnancy or possible STI infection. Offers free and confidential pregnancy testing, sonograms, options counseling, and STI screenings.	972-430-5347
Starling Clinic 760 North Watters Rd Suite 190 Allen, TX 75013	Health services offered: primary care, urgent care, women's health, diabetes center, heart health, allergy, asthma and sinus care. All visits are with a doctor. Clinic open seven (7) days per week. Same day appointments and walk-in service. Insurance accepted. No insurance cost for consultation is \$100. Blood tests \$5-50.	For appointments: 972-517-2171
Women's Veteran Health Program VA North Texas Healthcare System	Services especially designed to meet the needs of women veterans including primary care, gynecology, maternity care, childbirth classes, postpartum support, mental health care, and lifestyle wellness services.	Connect with a Care Coordinator

LEGAL SUPPORT

Organization	Description	Contact Info
<u>Legal Aid of North West Texas</u>	Provides free civil legal services to low-income residents in 114 Texas counties throughout North and West Texas.	888-529-5277
<u>Texas Law Help</u>	Website dedicated to providing free, reliable legal information to Texans. Provides Legal Help Finder (by zip code), Legal Clinics, Legal Help FAQs and other helpful organizations.	
<u>Texas Advocacy Project</u>	Provides free legal and social services statewide to victims of domestic and dating violence, sexual assault, and stalking.	800-374-HOPE <u>Apply for services</u>
<u>Opening Doors International Services</u> 2200 N. Bell Denton, TX 76209	Committed to providing immigration and naturalization services, including DACA, family petitions, adjustment of status, citizenship, and Violence Against Women Act (VAWA). Serves Denton and surrounding counties and is dedicated to serving clients, regardless of financial limitations.	940-382-0096

MISCELLANEOUS RESOURCES

Organization	Description	Contact Info
<u>Big Brothers, Big Sisters</u>	Community-based mentoring program matches children between six (6) and 18 years of age with adult mentors and provides ongoing support to the child, volunteer mentor, and child's family.	Collin County Office: 214-441-2227
<u>Collin County Veteran Services</u>	Provides assistance with completing the application process for VA and state benefits.	972-881-3060
<u>Friends Place (Adult Day Services)</u>	Provides activities and socialization opportunities for individuals with Alzheimer's Disease and needing Dementia care in the Richardson, McKinney, DeSoto, and surrounding Dallas areas.	Richardson: 972-437-2940 Desoto: 972-274-2484
<u>Frisco Texas Down Payment Assistance Program</u>	Offers a Down Payment Assistance Program designed to help low- and moderate-income families employed by the City of Frisco or the Frisco Independent School District (FISD) to purchase a home in the City of Frisco.	972-292-5108
<u>Green Path</u>	Offers free consumer credit counseling and debt counseling, student loan repayment strategy, foreclosure prevention services, and more.	800-550-1961
<u>HHSC'S Medical Transportation Program</u>	Medicaid provides free transportation for Texas Health Steps patients who use Medicaid medical and dental services. Children and their parents or caregivers can get free rides or money to help get to and from the doctor, dentist or hospital.	Reservation Line: 877-633-8747
<u>Lutheran Social Services</u> <u>Upbring Foster Care/Adoption Services</u>	Largest faith-based provider of foster care and adoption services in Texas with 14 offices.	Dallas: 972-620-0581