

Name	Phone numbers and/or Website	Services	Address
General Mental Health Assistance			
Carrollton Springs	carrolltonsprings.com 972-242-4114	Provides treatment for behavioral health or addiction issues.	6870 Lebanon Road, Suite 300 Frisco, TX 75034
CCD Counseling	https://ccdounseling.com/ (800) 897-7068	Provides affordable counseling for a variety if different issues.	1512 Scripture St, Denton, TX 76201
Changes at Carrollton Springs	www.changesfrisco.com 469-850-2040	Partial Hospitalization and Intensive Outpatient Programs for children and adolescents, ages 5-17.	6870 Lebanon Rd, Ste 300 Frisco, Tx 75034
Child and Family Resource Clinic	childfamilyresources.org 940-565-2066	Diagnostic and remedial clinic serving children, adults, and families in North Texas area. Offers testing and counseling including play therapy. Sliding scale.	1180 Union Circle, Denton, TX
Counseling Center of Denton (Family Tree Counseling)	www.familytreeprogram.org Denton: (940)382-5328 Farmer Branch and Lewisville: (800) 897-7068	They provide affordable community based counseling and services to individuals.	1512 Scripture Street Denton, Tx 76201
Denton County MHMR	www.dentonmhmr.org 940-381-5000 Crisis Line: 800-762-0157	Counseling and case management services for mental illness, substance abuse and children and adolescents . Public and government agency.	2519 Scripture Denton, Tx 76201
Excel Center Lewisville	https://excelcenterlewisville.com/ (972) 906-5522	Serving ages 5 – 18, they are a specialized day treatment center meeting the emotional and behavioral needs of children and adolescents. They offer Partial Hospitalization and Intensive Outpatient Program	190 Civic Cir #170, Lewisville, TX 75067
Frisco Counseling and Wellness	friscocounselingandwellness.com (972) 380-1842	Offers counseling and therapy services	6842 Lebanon Rd #103, Frisco, TX 75034
Lifeworks	http://www.lifeworkscc.com 466-2800	972- Largest counseling/ life coaching agency in metroplex.	2625 N Josey Ln #250, Carrollton, TX
Mental Health.gov	mentalhealth.gov	A website with information about mental health.	n/a
NAMI North Texas	www.nami.org (214) 341-7133	Provides support and information for people struggling with mental health.	2812 Swiss Ave Dallas, TX 75204
Youth and Family Counseling	www.youthandfamilycounseling.org 972-724-2005	Counseling programs for youth and their parents, First Time offender Programs and short term educational programs.	105 Kathryn Drive Building 3A Lewisville, TX 75067
Specified Socioemotional Assistance			
Alcoholic Anonymous	http://www.aa.org/	Has different support groups for different needs.	various
Children's Advocacy Center of Denton County	cacd.org 972-317-2818	Services for children of abuse. Provides forensic interviewing and counseling. All services free.	1854 Cain Dr., Lewisville, TX
Denton County Friends of the Family	dcfof.org 940-387-5131 crisis line: 888-572-4031	Violence intervention and prevention for families of abuse. All services are free of charge.	4845 S I-35, Corinth, TX
Hope's Door	hopedoorinc.org 972-276-0057	Offers intervention/ prevention for families and individuals of abuse. Offers sliding scale fee services.	860 Ave F, Plano, TX
Jordan Harris Foundation	https://jordanharrisfoundation.org 682-325-1065	Provides tools and resources for suicide prevention	2830 S. Hulen St. #139 Fort Worth, TX 76109
Journey of Hope Grief Support Center	johgriefsupport.org 972-964-1600	Support group for families, meets twice a month in Plano or Frisco. There is a free service.	3900 West 15th St, Ste 306 Plano, TX
Love is Respect.org	https://www.loveisrespect.org/	A website that provides resources and information about healthy relationships.	n/a
National Domestic Violence Help Line	thehotline.org 800-799-SAFE (7233)	Hotline and website for help for victims of abuse.	n/a
Outreach Denton	Website: facebook.com/OUTreachDenton/ phone: 940-566-1286	Support groups for LGBT youth	1111 Cordell St, Denton, TX
Outreach Screening Assessment and Referral	Mobile crisis: 866-260-8000 Seeking Mental Health Care: 877-653-6363	Provides referrals to community resources, as well as brief intervention and counseling	n/a
PFLAG	(972) 849- 0383	A support group for parent who have kids who identify as LGBT.	75219-0193 Dallas, Texas

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Resource Center Youth First	https://www.rcdallas.org/what-we-do/community/youth-first Phone: 214-528-0144	A resource center for LGBT youth and their families. They provide resources as well as hosting events.	Resource Center Health Campus 2701 Reagan Street, Dallas TX 75219
Stop Underage Drinking	https://www.stopalcoholabuse.gov/iccpu/agencies/	A website that provides resources and knowledge about underage drinking	n/a
Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/ National Suicide prevention Hotline: 1-800-273-8255	Provide knowledge and resources for suicide prevention. As well as a hotline	n/a
The Excel Center of Lewisville	excelcenterlewisville.com 972-906-5522	Substance use Day treatment and Intensive Outpatient services for children 12-18, individuals, family, and group.	190 Civic Cir, Ste 170, Lewisville, TX
University of Behavioral Health (UBH)	www.ubhdenton.com 940-320-8100	A private psychiatric hospital for adolescents and adults and chemical dependency No one is refused service if unable to pay. Can get Psychiatric Assessments done here.	2026 West University Dr Denton, Tx 76201
Basic Needs Assistance			
Christian Community Action (CCA)	ccahelps.org 972-221-1224	Offers assistance to families in emergency situations, helping with food, living situation, immigration status, and more. Must apply through application.	200 S Mill St, Lewisville, TX
Cornerstone	cornerstonenct.org 972-689-9115	Helps families in need find resources and supports to empower them to meet needs. Must be willing to meet in person.	210 W Broadway, Prosper, TX
Denton Community Food Center - DCFC	(940) 382- 0807	Food Bank	109 W Sycamore St, Denton, TX 76201
Frisco Family Service Food Bank	(972) 335- 9495	Food Bank	9085 Dogwood St, Frisco, TX 75033
Giving Hope Inc	hopeincdenton.com 940-382-0609	Partners with homeless helping them find housing and keep it through help with utilities and so forth. Must meet in person during open times for interview/ application process.	117 W Sycamore, Denton, TX
Health Services of North Texas	https://www.healthntx.org/	They offer medical services and accept Medicare, Medicaid, CHIP, most Medical Insurance and offer a sliding fee scale	3537 S Interstate 35 #210, Denton, TX 76210
Help I'm Homeless	http://helpimhomeless.com/findhelp/ (214) 444- 8796	Provides a list of homeless shelters and their services.	n/a
Little Elm Area Food Bank	(972) 294-4061	Please see counselor to get signed up.	501 Bill St, Little Elm, TX 75068
SPAN Denton County	Phone: 940-382-1900	Fully handicap accessible curb-to-curb transportation within all of Denton County and some of Collin County. Service can also connect to DCTA or DART lines too.	n/a
Ability Assistance			
Lifepath Systems	lifepathsystems.org 422-5939	972- Special needs assistance. Accepts Medicaid/ Chip.	Plano and McKinney, TX
My Possibilities & Launch Ability	Phone: 469-241-9100	Inclusive campus based program that offers sports, recreation, social, vocational, academic, and therapy resources that focus on inclusion, social relationships, job training and higher education in a campus environment that promotes independence. Launch Ability focuses mainly on academics and job opportunities. Services often paid for by TWC or scholarships. Offers an inclusive campus based school day program after high school that promotes higher education.	n/a
Powered To Move	Phone: (214) 906-7646	Program that offer various adaptive sports, recreation, and exercise opportunities for free of charge.	n/a
REACH of Denton County	Phone: (940) 383-1062	Resource that provides services for more handicap accessible activities with a special focus on more independence and creating independent living supports and social opportunities.	n/a

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RISE Adaptive Sports	Phone: (469) 762-5075	Program that offers various adaptive sports and recreation opportunities for all ages free of charge.	n/a
Strowmatt Rehabilitation Services	Phone: (713) 722-0667	Houston based company that has local certified adaptive driving instructors that can evaluate and train individuals interested in adaptive driving using their own modified vehicles and adaptive driving equipment. This is a company that allows the instructor to work within the client's community using company vehicles and equipment for both instruction and testing. TWC may help with funding too.	n/a
Texas Workforce Commission VR Services Denton Office (TWC)	Phone: 940-384-7901	State program that offers school tuition assistance, career services, and any other type of service that might lessen potential barriers to employment.	n/a
United Access Carrollton	Phone: 972-432-5538	A company that provides any needed adaptive driving or vehicle modifications needed for driving including positioning belts, steering wheel knobs, hand controls, and ramps or lifts	n/a