



Office of
Equity & Inclusion
Welcoming Communities
and Immigrant Affairs

NEWCOMERS **MENTAL WELLNESS** GUIDEBOOK



CENTER FOR
SURVIVORS
of torture



Community Does It!



INTERNATIONAL
RESCUE
COMMITTEE



MOSAIC
FAMILY SERVICES



U.S. COMMITTEE
FOR REFUGEES AND IMMIGRANTS
USCRI



NEWCOMERS MENTAL WELLNESS GUIDEBOOK



INTRODUCTION

Refugee Mental Health Coalition was created in April 2021 with the following main objectives:

1. To create a partnership between newcomers' service providers, community resources and mental health practitioners in DFW Metroplex.
2. To raise awareness about the importance of culturally and linguistically appropriate mental health services and newcomers' access to them through education, advocacy and resource sharing.
3. To streamline the referral process between mental health providers in DFW Metroplex and agencies who work with newcomers.

PURPOSE OF THIS GUIDEBOOK

This Newcomers Mental Wellness Guidebook aims to expand awareness of local mental health and behavioral health resources that provide culturally responsive services and is tailored to meet the needs of newcomers. This includes offering services in languages other than English as well as making accommodations for individuals who are low-income and/or do not have health insurance.

DEFINITIONS

Newcomer: This is an umbrella term that includes various categories of immigrants who are born outside of the United States, including refugees, parolees, immigrants, asylees, etc. In the guidebook, there are two categories of services:

Counseling: This category includes service providers who offer therapy and counseling.

Behavioral Health: This category includes service providers who offer psychologist and psychiatric services, including authorization for prescription medicine.

COUNSELING SERVICES

Bienstar Counseling Services

bienstarcounseling.com

13140 Coit Rd. Suite 315, Dallas, TX 75240

Dallas, Ellis, Hunt, Kaufman, Navarro,

Rockwall counties

214-682-7842

24/7 Crisis Hotline: 1-866-260-8000

- Languages: English, Spanish
- Psychosocial and Psychiatric Evaluations, 24/7 Crisis Hotline
- Family, Couples, Children, Older Adults
- Accepts Medicaid, NTBHA Accepted

Calming Hearts

masdfw.org

1515 Blake Dr., Richardson TX 75082

Richardson or Telehealth

Text or call 972-643-8313

- Languages: English, Arabic
- Individuals, families, couples, for any age that is able to process, reflect and implement change
- Private pay (some sliding scale based on clients ability)

Center For Survivors of Torture Dallas

cstnet.org

4108 Swiss Ave., Dallas, TX 75204

214-827-2314

joseph@cstnet.org

- Languages: All languages
- Individual and Group Counseling, Wellness programs and groups, Psychosocial/Forensic Evaluations for Asylum, Case Management, Social Services, Legal and Medical Services and Referrals
- Immigrant/refugee/asylee survivors of torture and their families/children and adults regardless of immigration status
- Serve all of Texas
- Free

Child and Family Guidance Center

(9 locations)

childrenandfamilies.org

1. 210 W. Tenth St., Dallas, TX 75208
 2. 8915 Harry Hines Blvd., Dallas, TX 75235
 3. 120 W. Main St. Suite 220, Mesquite, TX 75149
 4. 4031 W. Plano Pkwy. Suite 211, Plano, TX 75093
 5. 1505 W. Jefferson St. Suite 120, Waxahachie, TX 75165
 6. 106 S. Jefferson St., Kaufman, TX 75142
 7. 319 N. 12th St. Suite 1, Corsicana, TX 75110
 8. 4216 Wesley St. Suite 101, Greenville, TX 75401
 9. 761 Justin Rd. Suite C, Rockwall, TX 75087
- Toll Free: 1-866-695-3794

- Languages: English, Spanish
- Individual, Family and Group Counseling, Telehealth Services, Prescription and Medication Management, Case Management, Life Skills Training for Children
- Adults/Children 5+
- Accepts Medicaid, NTBHA Accepted

Community Does It

communitydoesit.org

1639 S. Buckner Blvd. Suite 125, Dallas, TX 75217

972-630-0101

- Languages: English, Spanish
- Counseling, Family Education Workshops, Support Groups, EMDR Therapy, Family Support, Resource Connections
- Ages 4 years old and up
- No insurance accepted
- \$25 per session, workshops at no cost to client, support groups starting at \$10 per client

COUNSELING SERVICES

Counseling Institute of Texas, Inc. (CIT)

citexas.org

3200 Southern Dr. Suite 100, Garland, TX 75043

972-271-4300

- Languages: Multilingual
- Individual Therapy, Family Therapy
- CIT Specialty Programs
 - Juvenile fire-setter program
 - EAP anger management
 - Sex offender assessment + treatment
 - Volunteer background checks
- Adults/Children 3+
- Accepts Medicaid: CIT accepts Amerigroup + Parkland; Sliding Scale Free depending on household income
- 5-10 free counseling sessions for students 17 and under
 - *Typical range from \$60-100 per hour*
 - **Master level interns range from \$10-up*

Family Tree Program CCD Farmers Branch

familytreeprogram.org

2727 LBJ Fwy. Suite 406, Farmers Branch, TX 75234

972-353-9404

- Languages: English, Spanish
- Family counseling to children and families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief and general family struggles
- Children 0-17
- Free

Family Tree Program Counseling Institute of Texas

familytreeprogram.org

3200 Southern Dr. Suite 104, Garland, TX 75043

972-271-4300

- Languages: English, Spanish
- Family counseling to children and families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief and general family struggles
- Children 0-17
- Free

Family Tree Program Hamilton Counseling and Consulting

familytreeprogram.org

777 East Wheatland Rd. Suite 104, Duncanville, TX 75116

972-283-5103

- Languages: English, Spanish
- Family counseling to children and families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief and general family struggles
- Children 0-17
- Free

Family Tree Program Harmony Counseling Center

familytreeprogram.org

6969 Pastor Bailey Dr. Suite 250, Dallas, TX 75237

214-751-3932

- Languages: English, Spanish
- Family counseling to children and families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief and general family struggles
- Children 0-17
- Free

Family Tree Program Meltzer Counseling

familytreeprogram.org

1221 Abrams Rd. Suite 326, Richardson, TX 75081

972-638-7199

- Languages: English, Spanish
- Family counseling to children and families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief and general family struggles
- Children 0-17
- Free

COUNSELING SERVICES

Family Tree Program Positive Changes Counseling

familytreeprogram.org

2540 N. Galloway Ave. Suite 105, Mesquite, TX 75150

214-484-5200

- Languages: English, Spanish
- Family counseling to children and families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief and general family struggles
- Children 0-17
- Free

ICNA - the Islamic Circle of North America Muslim Family Services

icnarelief.org/dallas-clinic

10874 Plano Rd. #A, Dallas, TX 75238

469-291-7411

- Languages: Arabic, Dari, Pashto, Urdu and Turkish languages
- Psychiatry Clinic Hours:
Tuesdays 6 p.m. to 9 p.m.
First Saturday of every month
11 a.m. to 2 p.m.
- Counseling Hours:
Tuesdays 6 p.m. to 9 p.m.
First Saturday of every month
11 a.m. to 2 p.m.
- Psychiatry Care, Counseling, Anxiety and Depression Support Group, Primary Medical Care, Specialty Medical Care
- All underinsured and uninsured
- Free

Irving Family Advocacy Center (FAC), Inc.

cityofirving.org/2623/Family-Advocacy-Center

600 W. Pioneer Dr., Irving, TX 75061

972-721-6555, 972-721-6521

- Languages: English, Spanish
- Individual, Family, Group Therapy, Play Therapy (ages 3-11), Art Therapy, Victim Services, Case Management, Education
- Anyone who lives, works or attends school in Irving, or victims of a crime in Irving. Adults/children 3+
- Free

Jewish Family Services of Greater Dallas

jfsdallas.org

5402 Arapaho Rd., Dallas, TX 75248

972-437-9950

- Languages: Multilingual
- Individual, Family, Group Therapy, Play Therapy (ages 3-11), Art Therapy, Victim Services, Case Management, Education
- Anyone who lives, works or attends school in Irving, or victims of a crime in Irving. Adults/Children 3+
- Free

Journey4ward

journey4ward.org

1848 Lone Star Rd., Mansfield, TX 76063

817-999-7784, Telehealth services available

- Languages: English
- Support Group Sessions, Traumatic Grief Counseling, General counseling and EMDR, Crime Victims Compensation Assistance, Other services for those who have lost loved ones to violence
- Victims of Crime (Identity theft, Domestic violence, Human trafficking, Sexual assault, etc.)
- Free

MAPS (Muslim Association for Psychological Services)

mapsnetwork.org

- Hub for Muslim Counselors, located by city
- Each counselor mentions specializations, clients, languages spoken, and insurance/pay

MCCHS - Muslim Community Center for Human Services

mcc-hs.org/mental-health-and-counseling

7600 Glenview Dr., Richland Hills, TX 76180

682-715-4849

- Languages: English, Spanish, Urdu, Dari, Pashto
- Anyone
- Low to no cost

COUNSELING SERVICES

Mosaic Family Services

mosaicervices.org/how-we-help/mentalhealth

12225 Greenville Ave. Suite 800, Dallas, TX 75243
214-821-5393, 24 Hour Crisis Hotline: 214-823-4434

- All languages
- Individual Counseling, Support Groups, Play Therapy for Children, Parenting Classes, Art Therapy, Grief Counseling, Crisis Intervention, EMDR Intervention, 24-hour Crisis Hotline
- Survivors of human rights abuses (refugees, SIV, parolees, asylees, survivors of family violence, human trafficking, and other crimes. Adults/ Children
- Free

Parkland Victim Intervention Program (VIP)/ Rape Crisis Center

parklandhealth.org/vip-rape-crisis-center

12225 Greenville Ave. Suite 800, Dallas, TX 75243
214-590-2926, 24/7 Crisis Line: 214-590-0430

- Languages: All languages
- Counseling, Advocates, Case Management, Education/ Outreach
- Survivors of trauma/ abuse: Domestic/Family Violence, Sexual Assault, Childhood Abuse, Aggravated Assault, Surviving Family Members of Homicide Victims, Assault/ Hate Crimes, Human Trafficking, Adults/Children 4+
- Free to Dallas County residents

Richland Oaks Counseling Center McKinney/ Allen/East Frisco

richlandoaks.org

6401 Eldorado Pkwy. Suite 208, McKinney, TX 75070
469-619-7622

- Languages: Multilingual
- Individual, Couples, Family Counseling, Group Counseling, Play Therapy, Psycho-Education Classes, Psychological Assessments
- Free, Pro-Bono, Sliding-Scale Fees

Richland Oaks Counseling Center Plano

richlandoaks.org

920 18th St., Plano, TX 75074
469-619-7622

- Languages: Multilingual
- Individual, Couples, Family Counseling, Group Counseling, Play Therapy, Psycho-Education Classes, Psychological Assessments
- Free, Pro-Bono, Sliding-Scale Fees

Richland Oaks Counseling Center Prosper/ Little Elm/ West Frisco

richlandoaks.org

212 E. Broadway St. Prosper, TX 75078
469-619-7622

- Languages: Multilingual
- Individual, Couples, Family Counseling, Group Counseling, Play Therapy, Psycho-Education Classes, Psychological Assessments
- Free, Pro-Bono, Sliding-Scale Fees

Richland Oaks Counseling Center Richland

richlandoaks.org

1221 Abrams Rd. Suite 325, Richardson, TX 75081
469-619-7622

- Languages: Multilingual
- Individual, Couples, Family Counseling, Group Counseling, Play Therapy, Psycho-Education Classes, Psychological Assessments
- Free, Pro-Bono, Sliding-Scale Fees

TMWF - Texas Muslim Women's Foundation

tmwf.org

972-880-4192 (Hotline) 24/7 Crises hotline

- Languages: English, Arabic, Hindi, Urdu, Spanish, French, Wolof, Russian, Nepalese, Pashtu, Punjabi, Farsi, Kurdish, Gujrati and more
- 24/7 Crises hotline for domestic violence shelter, Transitional Housing, Counseling, Immigration and family law attorneys. Supportive Housing for abused Senior women

COUNSELING SERVICES

The Center for Integrated Counseling and Psychology

thecentercounseling.org

4305 MacArthur Ave., Dallas, TX 75209

214-526-4525

- Languages: English, Spanish
- Individual, Family, Couples Counseling, Play and Talk Therapy, Behavioral Testing, Psychological Assessments, Academic Assessments, Parent Workshops, Workshops for kids, teens, adults, Tele-counseling
- Adults/Children 5+, Couples
- Accepts most Medicaid plans, Sliding scale options for clients without insurance/employment

The Counseling Place

counselingplace.org

375 Municipal Dr. Suite 236, Richardson, TX 75080

469-283-0242, New Client Line: 469-283-0340

- Languages: English
- Counseling Services, Play Therapy, Marriage Counseling, Counseling for children on the spectrum or with emotional, behavioral, and social challenges
- Adults/Children 5+

Free for victims of crime and those who have endured traumatic events, sliding scale fees available

Trauma Support Services

traumasupportservices.org

210 S. Cedar Ridge Dr. Suite C-100, Duncanville, TX 75116

Remote until further notice

972-709-4904

- Languages: English
- Individual, Couple, Family, Group, Play Therapy, Adult/ Child Grief Groups, Education Groups
- Victims of trauma in North Texas, Adults and Children 8+
- Free

UTA Life Connections Counseling Program

uta.edu/academics/schools-colleges/social-work/research/centers/center-for-addiction-and-recovery-studies/programs#life-connections

Remote until further notice

214-645-0937

- Languages: English, Spanish
- Trauma informed therapy
 - individual, family or group
- Case management
- Crime Victims Compensation application
- Referrals as needed
- Suicide Prevention
- Any victim of crime in Dallas, Denton or Collin County. No police report required.
(exception: client who was committing a crime when they became a victim. e.g. shot during a drug deal)
- Adults/Children 12+
- Free, Medicaid not accepted

BEHAVIORAL HEALTH SERVICE PROVIDERS

Bienstar Counseling Services

bienstarcounseling.com

13140 Coit Rd. Suite 315, Dallas, TX 75240

214-682-7842

- Spanish
- Bilingual Psychiatric and Counseling Services (Spanish and English), Psychosocial and Psychiatric Evaluations, 24/7 Crisis Hotline
- Children 6+, adults, families and elderly
- Accepts Medicaid and NTBHA Enrollment for qualified clients

Carrollton Springs

(2 locations)

carrolltonsprings.com/programs

1. 2225 Parker Rd., Carrollton, TX 75010
972-242-4114
 2. 6870 Lebanon Rd. Suite 300, Frisco, TX 75034
469-850-2040
- English, translation services available
 - Emergency Mental Health Services, Inpatient and Outpatient Mental Health Treatment, Detox Program, Inpatient Rehab, Outpatient Rehab, Tele-Therapy and Visits, Help for Heros: mental health and substance use disorder treatment for active duty and retired military personnel, veterans, first responders and other high-risk frontline professionals, Faith-Based Counseling
 - Adults, Children 10+ services provided at Frisco location
 - CERTAIN Medicaid plans accepted, Medicaid NOT accepted at Frisco location, assessments are FREE at both locations

Centro de Mi Salud

centromisalud.com

2701 S. Hampton Rd. Suite 201, Dallas, TX 75224

217-941-0798

- Spanish
- Psychiatric Care, Individual, Marriage, Couples, Family Counseling, Play Therapy, LGBTQ Counseling, Case Management, Medication Prescription and Management, Assessment and Referral, Parenting Guidelines
- Children and adults
- Accept Medicaid, NTBHA and CHIP

Child and Family Counseling Center at Stephen J McManus Oak Cliff

childrenandfamilies.org

210 W. 10th St., Dallas, TX 75208

214-351-3490 ext. 3095

- Counseling and Therapy, Case Management, Telehealth, Psychiatric Evaluations and Medication Management, Individual Screenings, Psychosocial Rehabilitation Services for Adults
- Children, adults and families
- Accepts Medicaid and NTBHA enrollment for qualified clients

Child and Family Guidance Center

(4 locations)

childrenandfamilies.org

1. 4031 W. Plano Pkwy. Suite 211, Plano, TX 75093
 2. 716 Justin Rd. Suite C, Rockwall, TX 75087
 3. 8915 Harry Hines Blvd., Dallas, TX 75235
 4. 120 W. Main St. Suite 220, Mesquite, TX 75149
214-351-3490
- Some Spanish
 - Counseling and Therapy, Case Management, Telehealth, Psychiatric Evaluations and Medication Management, Individual Screenings, Psychosocial Rehabilitation Services for Adults
 - Children, adults and families
 - Accepts Medicaid and NTBHA enrollment for qualified clients

Collin County Mental Health - Plano Outpatient Clinic

lifepathsystems.org

7308 Alma Dr., Plano, TX 75025

972-422-5939, tToll Free: 844-544-5939

- Interpreter services available
- Psychiatric Services, Counseling, Case Management, Early Childhood Intervention, Family Education and Support, Crisis Services, Substance Use Services, Disaster Services, Suicide Prevention, Employment Support, Housing Support, Jail Diversion, Veterans Services, IDD Services, Screening and Access
- Collin County Residents ages 3+ and adults
- Accepts Medicaid, free service for eligible clients

BEHAVIORAL HEALTH SERVICE PROVIDERS

My Health My Resources - Help Me Grow (18 counties)

helpmegrownorthtexas.org

Service areas: Cooke, Grayson, Fannin, Wise, Denton, Colin, Palo Pinto, Parker, Tarrant, Dallas, Rockwall, Kaufman, Erath, Hood, Somervell, Johnson, Ellis and Navarro counties

844-689-5437, 817-335-3022

- NOT a diagnosis; screenings to connect families to proper resources. Online screenings available in English, Spanish, French, Arabic and Vietnamese
- Developmental screenings, provide referrals and connections to appropriate resources based on families' needs such as speech therapy, physical therapy, counseling, etc.
- Resident of service area: Children 0-6 and their families
- Free

Hickory Trail Behavioral Health Services

hickorytrail.com

2000 N. Old Hickory Trl., DeSoto, TX 75115

972-298-7323 (24/7)

- Individual Therapy, Chemical Dependency Care, AA, NA, Inpatient Psychiatry Programs, Day Programs, Psychiatric Evaluations, Diagnosis, Medication, Social Support, Recreational Therapy, Discharge Planning
- Children 13+ and their families
- Accepts Medicaid

Homeward Bound Dallas

homewardbound.org

Main Campus: 5300 University Hills Blvd., Dallas, TX 75241

Admin, Substance Abuse, Mental Health

Outpatient and Recovery Support Services:

2535 Lone Star Dr., Dallas, TX 75212

Service areas: Collin, Cooke, Dallas, Denton, Ellis, Erath, Fannin, Grayson, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, Tarrant and Wise counties

214-941-3500

- Spanish and translation services (24/7)
- Crisis Stabilization - Mental Health Services, Detoxification, Individual and Group Counseling, Intensive Residential Treatment, Outpatient Treatment, Life Skills Training, 12-Step Programs, Medication Assisted Treatment - Alcohol and Opioids
- Adult residents from service counties
- Accepts Medicaid and free services

ICNA Relief Dallas

icnarelief.org/dallas-clinic

10874 Plano Rd. #A, Dallas, TX 75238

469-291-7411

- Psychiatry Clinic Hours:
Tuesdays 6 p.m. to 9 p.m.
First Saturday of every month
11 a.m. to 2 p.m.
- Counseling Hours:
Tuesdays 6 p.m. to 9 p.m.
First Saturday of every month
11 a.m. to 2 p.m.
- Psychiatry Care, Counseling, Anxiety and Depression Support Group, Primary Medical Care, Specialty Medical Care
- All underinsured and uninsured
- Free

BEHAVIORAL HEALTH SERVICE PROVIDERS

Integrated Psychotherapeutic Services (IPS)

ipsrecovery.com

2121 Main St. Suite 100, Dallas, TX 75201

214-331-1200

- Individual and Group Counseling, Telehealth, Substance Misuse Treatment, Relapse Management, Criminal Justice Reform
- Adults only
- Accepts Medicaid, NTBHA Enrollment for qualified clients

Jewish Family Services of Greater Dallas: (PLAN) People Living Active Now

planntx.org/plan-services

5402 Arapaho Rd., Dallas, TX 75248

972-690-7526

- Support, Wellness and Recovery, Individual Psychotherapy and Family Therapy, Case management and Housing Referrals, Money Management Group Classes, Vocational Consulting, Family Events, Family Support Groups for individuals caring for loved ones with mental health conditions
- 3+ and adults
- Accepts Medicaid, sliding scale for clients without insurance based on income and family size

LifePath Systems (2 locations)

lifepathsystems.org

1. 1515 Heritage Dr., McKinney, TX 75069
972-422-5939, Toll Free: 844-544-5939
24/7 Crisis Line: 877-422-5939
2. 7308 Alma Dr., Plano, TX 75025
 - Spanish and translation services in process
 - Psychiatric Inpatient Placement, Early Childhood Intervention (ECI): Children 0-3, Counseling and Case Management, Psychiatric and Nursing Services, Family Education and Support, Peer Support, Employment Support, Housing Support, School Support, Family Partner, Mental Health First Aid Courses: for Adults and Teens, YES Waiver Services, 24/7 Crisis Outreach Team: mental health assessments and coordination of services, Crisis Center: short-term overnight care for mental health crises, Intellectual and

Developmental Disabilities Services, Suicide Response and Prevention, Community Referrals, Disaster Support, Substance Use Disorder Services, Veteran Services, Jail Diversion

- Resident of Collin County: Adults, Children 3+ (Children 0-3 years old can enroll in ECI services)
- Accepts Medicaid, state funding available to eligible clients

MCCHS - Muslim Community Center for Human Services

mcc-hs.org/mental-health-and-counseling

7600 Glenview Dr., Richland Hills, TX 76180

682-715-4849

- Languages: English, Spanish, Urdu, Dari, Pashto
- Anyone
- Low to no cost

Metrocare Services Homeless and Housing Services (6 locations)

metrocareservices.org/mental-health-services/homeless-housing/

1. The Bridge Homeless Recovery Center
Monday to Friday: 8 a.m. to 12 p.m. and 1 p.m. to 5 p.m.
1818 Corsicana St., Dallas, TX 75201
2. Turtle Creek Recovery Center
Fridays: 8 a.m. to 4 p.m.
2707 Routh St., Dallas, TX 75201
3. Salvation Army
Mondays and Thursdays 8 a.m. to 4 p.m.
5302 Harry Hines Blvd., Dallas, TX 75235
4. The Stewpot
Mondays, Wednesdays and Thursdays
8 a.m. to 4 p.m.
1835 Young St., Dallas, TX 75201
5. Austin Street Center
Thursdays 5 p.m. to 6 p.m.
2929 Hickory St., Dallas, TX 75226
6. Our Calling
Wednesdays: 8 a.m. to 12:30 p.m.
1702 S. Cesar Chavez Blvd., Dallas, TX 75215
214-670-1143
 - All languages
 - Psychiatric Assessments, Counseling, Crisis Intervention, Case Management, Medication Management, Supportive Housing Services
 - Unhoused adults, youth and families who have mental health and/or a substance use disorder
 - Free

BEHAVIORAL HEALTH SERVICE PROVIDERS

Metrocare Services Samuell Adult Mental Health Clinic and Pharmacy

metrocareservices.org/location/metrocare-samuell-adult-mental-health-clinic

4645 Samuell Blvd., Dallas, TX 75228

24/7 Hotline: 214-743-1215, 214-275-7393

- All languages
- Individual and Group Mental Health Services, Psychiatric Medical Services, Diagnostic Evaluation and Medication Management, Counseling, Case Management and Skills Training, Intensive Outpatient Services, Peer Support Services, Pharmacy Services, Community-Based Services
- Dallas County Residents, Adults only
- “Services regardless of ability to pay,” also accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

Metrocare Services Samuell Child and Teen Mental Health Clinic

metrocareservices.org/mental-health-services/children-teen

metrocareservices.org/location/metrocare-samuell-child-teen-mental-health-clinic

4645 Samuell Blvd., Dallas, TX 75228

972-861-5611

- All languages
- Evaluations, Individual and Group Counseling, Skills Development, Psychiatric Services and Medication Management, Case Management and Care Coordination, Suicide Prevention, Wraparound Services, Juvenile Justice Involved Services
- Dallas County Residents, children 3+ and families
- “Services regardless of ability to pay,” also accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

Metrocare Services Skillman Mental Health Clinic and Pharmacy

metrocareservices.org/location/metrocare-skillman-family-mental-health-clinic

9708 Skillman St., Dallas, TX 75243

24/7 Hotline: 214-743-1215, 469-680-3500

- All languages
- Individual, Group, Couples, Family and Child Therapy, Military Veteran Peer Network (MVPN), Case Management and Resource Connection, Telehealth
- Dallas County Residents: Post 9/11 Veterans, Active Duty Service Members, Post 9/11 Military Families including spouses, partners, children, parents, siblings, caregivers and others
- “Services regardless of ability to pay,” also accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

Metrocare Services Steven A. Cohen Military Family Clinic

metrocareservices.org/mfc/#FormBelow

16160 Midway Rd. Ste 218, Addison, TX 75001

24/7 Hotline: 214-743-1215, 469-680-3500

- All languages
- Individual, Group, Couples, Family, & Child Therapy, Military Veteran Peer Network (MVPN), Case Management & Resource Connection, Telehealth
- Dallas County Residents: Post 9/11 Veterans, Active-Duty Service Members, Post 9/11 Military Families including spouses, partners, children, parents, siblings, caregivers and others
- “Services regardless of ability to pay”
- Also Accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

BEHAVIORAL HEALTH SERVICE PROVIDERS

Metrocare Services Westmoreland Adult Mental Health Clinic and Pharmacy

metrocareservices.org/location/metrocare-westmoreland-adult-mental-health-clinic

1350 N. Westmoreland Rd., Dallas, TX 75211

24/7 Hotline: 214-743-1215, 214-330-0036

- All languages
- Individual and Group Mental Health Services, Psychiatric Medical Services, Diagnostic Evaluation and Medication Management, Counseling, Case Management and Skills Training, Intensive Outpatient Services, Peer Support Services, Pharmacy Services, Community-Based Services
- Dallas County Residents, Adults only
- “Services regardless of ability to pay,” also accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

Metrocare Services Westside Family Clinic (Westmoreland Child and Adolescent Clinic)

metrocareservices.org/location/metrocare-westside-child-teen-mental-health-clinic

1881 Sylvan Ave. Suite 200, Dallas, TX 75208

24/7 Hotline: 214-743-1215, 214-331-0107

- All languages
- Evaluations, Individual and Group Counseling, Skills Development, Psychiatric Services and Medication Management, Case Management and Care Coordination, Suicide Prevention, Wraparound Services, Juvenile Justice Involved Services
- Dallas County Residents, children 3+ and families
- “Services regardless of ability to pay,” also accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

Metrocare Services Grand Prairie Mental Health Clinic and Pharmacy

metrocareservices.org/location/metrocare-grand-prairie-family-mental-health-clinic

1020 S. Carrier Pkwy., Grand Prairie, TX 75051

24/7 Hotline: 214-743-1215, 214-330-2488

- All languages
- Individual and Group Mental Health Services,

Psychiatric Medical Services, Diagnostic Evaluation and Medication Management,

- Counseling, Case Management and Skills Training, Intensive Outpatient Services, Peer Support Services, Pharmacy Services, Community-Based Services
- Dallas County Residents, Adults only
- “Services regardless of ability to pay,” also accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

Metrocare Services Lancaster-Kiest Mental Health Clinic and Pharmacy

metrocareservices.org/location/metrocare-lancaster-kiest-adult-mental-health-clinic

3330 S. Lancaster Rd., Dallas, TX 75216

24/7 Hotline: 214-743-1215, 214-371-6639

- All languages
- Individual and Group Mental Health Services, Psychiatric Medical Services, Diagnostic Evaluation and Medication Management, Counseling, Case Management and Skills Training, Intensive Outpatient Services, Peer Support Services, Pharmacy Services, Community-Based Services
- Dallas County Residents, Adults only
- “Services regardless of ability to pay,” also accepted: Medicare, CHIP, state-sponsored plan for managed health care, private insurance, self-pay on a sliding scale

Mission East Dallas

missioneastdallas.org

450 Gus Thomasson Rd. Suite 40, Mesquite, TX 75150

972-682-8917

- Multi-lingual services Available, Interpreter Services Available, ASL Translation Services Available
- Mental Health, Psychosocial Assessments,
- Individual & Family Counseling, Case Management Referrals, Coordination of Services, Medical and Dental Care
- Must be an established patient at the clinic with a primary care physician: children 12+ and adults
- Enrollment Services: Medicaid, Medicare, ACA, SNAP, Sliding Scale Services

BEHAVIORAL HEALTH SERVICE PROVIDERS

Multicultural Recovery Center Dallas (3 locations)

multiculturalrecoverycenter.com

1. 13601 Preston Rd. Suite 830W, Dallas, TX 75240
2. 101 N. MacArthur Blvd., Irving, TX 75061
3. 2144 N. Beltline Rd. Suite E, Mesquite, TX 75150
214-609-3300

- Bilingual Services (Spanish/ English)
- Psychiatric Services, Individual, Family, Group and Couples Counseling, Skills Training for Children, Addiction Counseling, "Counseling for individuals who have recently arrived to this country and are having difficulties adapting to their new environment (Culture)"
- Children 5+ and adults
- Accepts Medicaid

NAMI (National Alliance on Mental Illness) North Texas

naminorthtexas.org

2812 Swiss Ave., Dallas, TX 75204
214-341-7133

- We do not provide clinical services. We provide resources, support groups for the generally mentally ill, another for family members and classes. We do not treat anything.
- Adults ONLY: Adults with mental health conditions, Family Members/Caregivers of individuals diagnosed with mental health conditions
- Free, but must register for services

North Texas Behavioral Health Authority (NTBHA)

ntbha.org

9441 Lyndon B. Johnson Fwy. Suite 350, Dallas, TX 75243

24/7 Crisis Line: 866-260-8000

24/7 COVID-19 Mental Health Support Line:

833-251-7544

Toll Free: 877-653-6363, 214-366-9407

- FUNDING for Mental Health and Substance Use Disorder Services, Crisis Intervention, Housing and Emergency Assistance, Outreach Screening Assessment and Referral, Facilitate Medicaid and CHIP Enrollment, Mental Health First Aid Training, Community Resource Coordination Group, Complain Resolution Services
- Service Areas: Dallas, Ellis, Hunt, Kaufman,

Navarro, Rockwall Counties

- Must apply for NTBHA funding in person at a contracted provider location:
 - [Provider Directory English](#)
 - [Directorio de proveedores Spanish](#)
 - [Pharmacy Network](#)
- Residence in service area: No insurance or no mental health/substance use coverage

Southern Area Behavioral Health

sabhc.org

4215 Gannon Ln., Dallas, TX 75237

972-283-9090

- Interpreter Services Available
- Counseling Services, Crisis Intervention and Management, Evaluations, Medication Management and Refills, Psychosocial Rehabilitation, Case Management, Skills Training
- Children 6+ and adults
- Accept Medicaid, CHIP, Medicare, NTBHA Enrollment for qualified clients

Texas Behavioral Health Center Richardson (2 locations)

texashealth.org

1. 3661 N. Plano Rd. Suite 2100, Richardson, TX 75082

2. 6100 W. Parker Rd., Plano, TX 75093

682-549-7961

- Interpreter Services Available
- Mental, Psychiatric and Behavioral Health Services, Substance Use Dependency Services, Inpatient Program, Detoxification Program
- Children 13+ and adults
- Accepts Medicaid: Sliding Scale Options Available

Transicare Inc

transicare.com

628 Centre St., Dallas, TX 75208

214-367-6875

- Mental health services, Case management, Specialized transportation, Clinical assessment, Crisis assessment, Disaster response, Liaison services
- Adults only
- Accepts Medicaid
- State charity program for uninsured
- All languages

BEHAVIORAL HEALTH SERVICE PROVIDERS

Youth Advocate Programs (YAP) Inc Dallas

yapinc.org/locations/TXBH

8700 N. Stemmons Fwy. Suite 460, Dallas, TX

75247

214-812-6505

- Bilingual: Spanish and English
- Crisis Intervention, Individual and Family Therapy, Psychiatric Evaluations and Medication Management, Youth Empowerment Services (YES) Waiver - requires referral, Skills Training and Development, Medication Training and Support, Wraparound Services
- Children and adolescents (3-20)
- Accepts Medicaid and CHIP

Find Help Languages for Newcomers Mental Wellness Guidebook

(Please note: FindHelp uses Google's translation services, so the available languages are preset by Google.)

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[अधिक मुफ्त या कम लागत वाले मानसिक स्वास्थ्य संसाधनों के लिए यहां क्लिक करें](#)

[Kanda hano kugirango ubone ubuzima bwiza cyangwa buke bwo mumutwe](#)

[ပိုမိုအခမဲ့သို့မဟုတ်တန်ဖိုးနည်းသောစိတ်ကျန်းမာရေးအရင်းအမြစ်များအတွက်ဤနေရာတွင်နှိပ်ပါ](#)

[د پير وړيا يا ټيټ لگښت رواني روغتيا سرچينو لپاره دلته کليک وکړئ](#)

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[Bấm vào đây để biết thêm các tài nguyên sức khỏe tâm thần miễn phí hoặc chi phí thấp](#)

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