

# DALLAS MENTAL HEALTH RESOURCES

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1. Suicide Hotline , **24-hour hotline of the [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (1-800-273-8255)**
2. [Texas 211](#) – 2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services (including Mental Health Service or mobile crises team), 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including Texas, simply dial the numbers 2-1-1 from any phone.
3. Transicare:
  - A. Mobile Crisis Outpatient Team\_ provides face to face help to those who are at risk of harm to themselves and others.
  - B. Comprehensive Clinic and Community-Based Mental Health Services. .

<https://www.transicare.com/> 9304 Forest Ln, Ste 161N, Dallas, TX 75243; [admin@transicareinc.com](mailto:admin@transicareinc.com) [214.342.58000](tel:214.342.58000)
4. [National Alliance on Mental Illness–Texas](#) – <https://www.nami.org/Home> - The National Alliance on Mental Illness is a nationwide advocacy group, representing families and people affected by mental health disorders in the United States. The national organization is organized into state and local affiliates, of which NAMI–Texas is one.
5. OPEN Path Collective - an affordable online counseling program <https://openpathcollective.org>