



MHC Members: Mental Health & Substance Use Services COVID Directory of Services (Update 11/2020)

This is an updated list of current mental health and substance use services available to the general public and provided by Mental Health Connection (MHC) member organizations.

Agency leaders continue to consider county, state, and federal recommendations to guide decisions in timing and means of delivering services.

At the time of this report, (November 2020) many organizations are providing a hybrid of services – virtual and in-person.

Find ongoing updates to Directory Listings at www.mentalhealthconnection.org

Directory Listings:

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LOCAL HOTLINES	DESCRIPTION (all available 24/7)	AGENCY
ICare Crisis Line 817-335-3022 817-569-4488 (TTY-TDD)	<i>For mental health & substance use emergency support and referral</i>	MHMR
Rape Crisis & Victim Services Hotline 817-927-2737	<i>Victims/survivors of sexual assault and other crimes. Bilingual</i>	The Women's Center of Tarrant County
Domestic Violence Crisis Line 877-701-7233	<i>Survivors/Victims of intimate domestic violence</i>	SafeHaven
Substance Use Info & Referral 817-332-6329	<i>Provides assistance to those using substances, their family, or public in accessing needed substance use services</i>	Recovery Resource Council
Suicide Hotline 1-800-SUICIDE (784-2433)	<u>NATIONAL HOTLINES:</u> National Suicide Prevention 1-800-273-8255 1-888-628-9454 (Spanish) 1-800-799-4889 (TTY)	The Trevor Project Crisis & Suicide Lifeline for LGBTQ Youth 1-866-488-7386
National Runaway Line 1-800-RUNAWAY (786-2929)	RAINN Rape, Abuse & Incest National Network 1-800-656-4679	Youth Crisis Hotline 1-800-448-4663 or Text CONNECT to 741741

HELP LINES	DESCRIPTION (*hours vary)	AGENCY
Dial 211 or 877-541-7905 Press #6: Coronavirus Needs *24/7	<i>Referral to services for basic needs (mental health, rent, utilities, transportation)</i> English/Spanish	211/ United Way
Referral Helpline 817-335-4673 or 888-296-8099 *24/7	<i>Call in line to assist families through crisis situations, provides referral sources to help.</i> English/Spanish	ACH
Parenting Advice Line 817-332-6399 *M-F, 12pm-3pm	<i>Free, confidential telephone line for concerned parents or caregivers with questions about raising children.</i> English/Spanish	Parenting Center
Tarrant Cares www.tarrantcares.org	<i>Online info service for individuals, families, caregivers, and agencies; mental health, sub use, IDD, Veterans, ...</i> English/Spanish	Coordinated by MHC & Tarrant County
Help Me Grow N. Texas 844-NTX-KIDS (689-5437) *M-F, 8am-5pm www.HelpMeGrowNorthTexas.org	<i>Links families with children (0-6) to specialists & community services</i>	MHMR
Pregnancy Hotline 1-800-452-3639 www.Pregnancyhotline.org	<i>Support and resources for unplanned pregnancy</i>	Gladney Center for Adoption
817-702-3100	<i>Crisis and referral line for Mental Health & Sub Use Disorders</i>	JPS Health Network

COUNSELING SERVICES					
Behavioral / Mental Health	Sub Use Specific	Bilingual / Spanish	Additional Services	Cost	Agency & Phone
All Populations	All Populations	X	<i>Psychiatry, Early Childhood, IDD, Housing</i>	Free, Medicaid, Insurance	MHMR 817-335-3022
All Populations	Adults			Self-pay Medicaid, Insurance	Lena Pope 817-255-2500
Veterans & the family	Adult, Children, Youth	X	<i>Veterans, Homeless</i>	Most free, Self-pay	Recovery Resource Council 817-332-2828
	Youth, Family	X		Free	Santa Fe Youth Services 817-492-4673
All Populations As of Oct 1 / In-office		X	<i>Victims of sexual assault / other crimes; case mgmt.</i>	Free; sliding scale, Medicaid, Insurance	The Women's Center 817-927-4000
All Populations		X		Free	The Parenting Center 817-332-6348
All Populations			<i>All populations, Veterans</i>	Fees, Medicaid, Insurance	The Art Station 817-921-2401
Family, Children, Youth		X	<i>Psychiatry, Psychology</i>	Medicaid, Insurance, CCHCS	Cook Children's 682-885-3917
Family, Children, Youth		X		Free	ACH 817-335-4673
Family, Children, Youth		X		Free, Medicaid, Insurance	CK Behavioral Health 817-516-9100
Adults, Children, Youth		X	<i>Psychiatry, Med. Management, Psychological testing</i>	Self-pay, Medicaid, JPS Connect,	JPS Outpatient Clinics 817-702-3100
Women, Children		X	<i>Domestic Violence</i>	Free	SafeHaven 877-701-7233
Youth & their families			<i>Psychiatry</i>	Insurance	Girls to Women/Young Men's Health 817-524-1811
All Populations		X		Self-pay, Insurance	Telos Project 682-841-1475
All Populations	All Populations	X	<i>Adults, Couples & Relational Issues</i>	Insurance	PSP Professional Services 817-626-6401
Adults, Couples (Virtual & In-Person)	Adults (Virtual & In-Person)			Self-Pay Only	Fort Wellness Counseling 682-232-4003
All Populations	All Populations	X (& ASL)		Free, Sliding Scale, Ins. Medicare, Medicaid, Crime Victim Comp	Alliance Child & Family Solutions 817-851-2042

CRISIS, INTENSIVE OUTPATIENT, INPATIENT SERVICES							
BEHAVIORAL / MENTAL HEALTH			SUBSTANCE USE SPECIFIC				
Crisis	Intensive Outpatient / Partial	Inpatient	Crisis	Intensive Outpatient / Partial	Inpatient	Cost	Agency & Phone
Crisis Team Crisis Respite	All Populations	All Populations	Detox for Adults	All Populations	All Adults; Male Adol. Veterans	Free, Medicaid, & Insurance	MHMR 817-335-3022
All Populations	All Populations	All Populations	All Populations	All Populations	All Populations	Insurance	Millwood Hospital 817-382-9603
Children, youth	Children, youth	Children, youth	Detox	Youth	Youth	Insurance	Perimeter Beh Health 817-662-6342
All populations	All populations					JPS Connection, private pay, Ins	JPS Health Network Enter 10 th Floor 817-702-3100
	All Populations					Insurance	Mind Above Matter 817-447-3001
	All Populations	All Populations				JPS Connect, Insur, Self-pay	JPS 817-702-3100
Families, Children, Youth	Families, Children, Youth	Families Children, Youth				Medicaid, CCHCS, Insurance	Cook Children's 682-885-3917



EMERGENCY SHELTERS					
SHELTER	DESCRIPTION	AGENCY	SHELTER	DESCRIPTION	AGENCY
Emergency Youth Shelter (817) 335-4673 achservices.org/programs/promoting-safety-stability/	Ages 12-17. 24-hour immediate care & safe shelter for runaway, homeless, street youth, and trafficking survivors, while ACH works to reunite them with their families or find safe & stable housing	ACH	Domestic Violence Shelter 817-335-4673 or 877-701-7233 safehaventc.org/safehaven-services/	For families fleeing from domestic violence, emergency shelters for survivors receive 24-hour care, basic needs, childcare & legal aid. <i>Limited Capacity</i> with Coronavirus separation protocols	SafeHaven

VIRTUAL MENTAL HEALTH COMMUNITY EDUCATION AND PARENTING TIPS		
AUDIENCE	TOPIC (*Service is free unless otherwise noted)	AGENCY TO CONTACT FOR MORE INFO (*The links listed here take you directly "Topic" Information)
Parents	On-Line Parenting Classes (\$20/class) Webinars, Facebook Live	The Parenting Center 817-332-6399 http://theparentingcenter.org/services/
Parents	Podcasts	CK Behavioral Health 817-516-9100 https://www.ckfamilyservices.org/foster-family-matters/
Parents and Children	Real Help for Real People – <i>short videos</i>	ACH 817-335-4673 https://achservices.org/covid-19-resources/
Adults/Youth	Learning Signs of Suicide / QPR	Jordan E. Harris Foundation 682-207-5250 https://jordanharrisfoundation.org/
Adults/Parents/Caregivers/Professionals	On-Line Trainings Facebook Live, YouTube & Webinars	The Women's Center of Tarrant County 817-927-4039 https://www.womenscentertc.org
Parents/Caregivers	COVID-19 Resources English & Spanish	Cook Children's 682-885-3917 www.cookchildrens.org/coronavirus/Pages/default.aspx
Caregivers/Children/Community	Child Abuse Prevention Trainings COVID-19 Resources Personal Safety Activities for Children	Alliance For Children 817-335-7172 https://www.allianceforchildren.org/prevention-resources
Adult/Adolescent	Assessment, Evaluation, Medication Management	JPS Health Network 817-702-3100
Parents/Caregivers/ Children	Virtual Group Events (English & Spanish) Mental Health Consultation (up to 6 yrs)	My Health My Resources (MHMR) of Tarrant County 844-NTX-KIDS (844-689-5437) http://EarlyIsBestNorthTexas.org/group-calendar https://www.eventbrite.com/o/presented-by-mhmr-tarrant-30086370610
Children & Youth	Prevention Educational Videos live and pre-recorded	Recovery Resource Council 817-332-2828 www.recoverycouncil.org

2020 Mental Health Connection Service Providers

ACH Child & Family Services	817-335-4673	achservices.org/programs/real-help-for-real-life/counseling/
Alliance Child & Family Solutions	817-851-2042	https://www.acfstexas.com/
Alliance For Children	817-335-7172	https://www.allianceforchildren.org/
The Art Station	817-921-2401	https://www.theartstation.org/coronavirus-update
Communities in Schools	817-446-5454	https://cistarrant.org/
CK Behavioral Health	817-516-9100	https://www.ckfamilyservices.org/programs-and-services/behavioral-health/
Cook Children's	682-885-3917	https://www.cookchildrens.org/behavioral-health/Pages/default.aspx
Cowtown Clubhouse	817-807-0982	https://cowtownclubhouse.org/
First 3 Years	972-310-4097	https://first3yearstx.org/coronavirus
Fort Wellness Counseling	682-232-4003	https://www.fortwellness.com
FWISD (Family Resource Centers)	817.814.2870	https://www.fwisd.org/Page/5357
Girls to Women/Young Men's Health	817-524-1811	http://www.gtw-health.com/sc/adolescentsyoung-adult-health/
Gladney Center for Adoption	817-922-6000	https://adoptionsbygladney.com/
Jordan E. Harris Foundation	682-207-5250	https://jordanharrisfoundation.org/qpr-training
JPS	817-702-3100	https://jpshealthnet.org/get-care/services/behavioral-health
Lena Pope	817-255-2500	https://www.lenapope.org/lena-pope
LifeWSnap	682-207-4584	www.lifewsnap.org
MaskOff	817-264-7250	https://www.maskoffpanel.com/
MHMR Mental Health & Addiction Svcs	817-335-3022	http://www.mhmrtarrant.org/Services/Mental-Health-Services
Millwood Hospital	817-382-9603	https://millwoodhospital.com/
Mind Above Matter	817-447-3001	https://mindabovematter.com/
Perimeter Healthcare	817-662-6342	https://www.perimeterhealthcare.com/facilities/perimeter-behavioral-hospital-of-arlington/
PSP Professional Services	817-626-6401	https://www.pspcounseling.com/
Recovery Resource Council	817-332-6329	https://recoverycouncil.org/
SafeHaven	877-701-7233	https://www.safehaventc.org/safehaven-services/
Santa Fe Youth Services	817-492-4673	http://www.santafeyouth.org/our-programs-and-services/school-based-substance-use-services/
TCU Department of Social Work	817-257-7469	https://harriscollege.tcu.edu/social-work/
Telos Project	682-841-1475	https://www.thelosproject.org/
The Parenting Center	817-332-6348	http://theparentingcenter.org/services/counseling/
The Women's Center of Tarrant County	817-927-4000	https://www.womenscentertc.org/
United Way of Tarrant County	817-258-8000	https://www.unitedwaytarrant.org/
Youth Advocate Programs	817-801-1612	http://www.yapinc.org/texas

2020 Mental Health Connection Organizations (cont.)

Challenge of Tarrant County	817-336-6617	http://challengetc.org/
Tarrant County / Juvenile Services	817-838-4600	http://access.tarrantcounty.com/en/juvenile-services.html
ChristianWorks for Children of Fort Worth	817-502-7789	https://www.christian-works.org/
Mesa Springs/Innovations	817-678-4604	https://mesasprings.com/
Samaritan House	817-332-6410 ext 195	https://samaritanhouse.org/
STACIE Helps, PLLC	817-907-2340	https://staciehelps.com/
The Shaken Baby Alliance	817-882-8686	https://www.shakenbaby.org/