

TARRANT COUNTY RESOURCES

TARRANT COUNTY PUBLIC HEALTH - COMMUNITY HEALTH NAVIGATION

Need help navigating available services? Call Community Health Navigation at (817) 321-4729. They can help you find and apply for Health Insurance Marketplace plans and other social services including housing, financial assistance, food and more.

HEALTH & WELLNESS

Tarrant County Public Health

817-248-6299 • tarrantcountytx.gov/health

Immunizations

Child and Adult Immunizations
Monday - Friday • 8 a.m. - Noon; 1 - 5 p.m.
817-248-6299

TCPH - Arlington - Cooper Street
2920 S. Cooper St.
Arlington, TX 76015

TCPH - Fort Worth - Miller Avenue
3212 Miller Ave.
Fort Worth, TX 76119

TCPH - Fort Worth - Main Campus
1101 S. Main St.
Fort Worth, TX 76104

TCPH - Lake Worth
3800 Adam Grubb Rd., Suite 400
Lake Worth, TX 76135

TCPH - Fort Worth - Granbury Road
6551 Granbury Rd.
Fort Worth, TX 76133

TCPH - Watauga
6601 Watauga Rd.
Watauga, TX 76148

Adult Health Services

Provides services related to sexually transmitted diseases in Fort Worth and Arlington
817-248-6299

HealthforMe Self-Management

Free, chronic disease self-management classes
817-370-4565
selfmanager@tarrantcounty.com

Live Tobacco Free

Free, 4-week smoking cessation program
smokefree@tarrantcounty.com

Tarrant County WIC

Supplemental food program for pregnant and postpartum women, infants, and children up to age 5
817-321-5400

Breastfeeding Warm Line
Breastfeeding support
Monday - Friday • 9 a.m. - 6 p.m.
817-321-5416

Nurse-Family Partnership

Education and support to first time moms through home visits starting in pregnancy
817-413-6320

UNTHSC Healthy Start

Home visitation services for women & families
817-735-2553 • healthy.start@unthsc.edu

JPS Family Health Center

Primary health care services for adults and children
817-702-1215

MHMR Tarrant County

Offers help for children and adults with behavioral health needs and other serious emotional concerns
1-800-866-2465 • www.mhmrarrant.org

Early Childhood Intervention

Serves children up to age 3 who have developmental delays & disabilities
1-888-754-0524 • www.mhmrarrant.org/eci

North Texas Area Community Health Centers

Discounted medical services for children and adults Northside, Southeast, Arlington
817-625-4254 • www.ntachc.org

Mom & Baby Program

Services for pregnant or postpartum women with a substance use disorder
817-702-7322

Postpartum Support Warm Line

Non-emergency support for postpartum depression
1-800-944-4773 • www.postpartum.net

DENTAL

Catholic Charities Dental Clinic

Provides low cost dental care in Fort Worth
817-600-1461

JPS Dental Clinics

Provides basic and urgent dental care services in clinics around Tarrant County
817-702-3567

Dental Health Arlington

Provides low cost dental services
817-277-1165 • www.dhaclinic.org

Mission Arlington Dental Clinic

Provides free dental services to eligible families; New clients call 1st Monday of the month at 8:30 a.m. for scheduling.
817-860-4474

HOUSING & SHELTER

Catholic Charities

Financial assistance for housing expenses or utilities
817-534-0814
www.catholiccharitiesfortworth.org

Tarrant County Housing Assistance

Provides vouchers to help eligible families pay for housing
817-531-7640

Center for Transforming Lives

Provides childcare and housing for families experiencing homelessness
817-332-6191 • www.transforminglives.org

To apply for Health Insurance Marketplace plans, visit www.healthcare.gov.

To apply for Medicaid, CHIP, Healthy TX Women, or SNAP, visit yourtexasbenefits.com.

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Tarrant County Public Health



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TRANSPORTATION

Catholic Charities of Fort Worth Transportation

Low-cost transportation for education, employment, and medical visits
817-336-8714

Mission Arlington

Transportation for education and employment
817-704-6147 • www.missionarlington.org

Texas Medicaid Medical Transportation

Rides to Medicaid health and dental visits
1-855-687-3255 • www.txmedicaidride.net

EMPLOYMENT

Workforce Solutions

Career training and job search resources
817-413-4000
www.workforcesolutions.net

Employment Solutions

Job search and skill training for men & women
817-927-4050 • www.womenscentertc.org

SAFETY

Cook Children's Child Passenger Safety

Car seat fit clinics and information on car safety
682-885-2634
www.freecarseatcheck.com

Poison Control Hotline

Accurate medical information regarding poisons
1-800-222-1222

FOOD ASSISTANCE

Infant Formula Program

Emergency formula and baby food for infants
Monday, Wednesday, Thursday
10 a.m. - 1 p.m.
801 W. 1st St
Fort Worth, TX 76102
817-335-6080

Local Food Pantries

www.taftb.org/find-food

SNAP (Food Stamps)

Supplemental Nutrition Assistance Program
www.yourtexasbenefits.com

Tarrant Area Food Bank

Help with SNAP, TANF, and Medicaid applications
1-866-430-6143 • www.taftb.org/snap

DOMESTIC VIOLENCE

National Domestic Violence Hotline

24/7 hotline for those experiencing domestic violence
1-800-799-7233
TTY: 1-800-787-3224

One Safe Place

Services for those affected by domestic violence
817-916-4323 • www.onesafeplace.org

SafeHaven of Tarrant County

Services for those affected by domestic violence including 24 hour emergency shelter
Hotline: 877-701-7233
www.safehaventc.org

CHILD CARE/PARENTING

Child Care Associates

Head Start Program
Free, quality care for children ages 0-5
817-838-0055
www.childcareassociates.org

Child Care Management Services

Helps parents pay for child care
817-831-0374
www.tarrantcountycms.org

FW Early Childhood Literacy

Classes for parents to promote early learning
www.fortworthecm.org

The Parenting Center

Classes and resources for parents and families
817-332-6348 • theparentingcenter.org

Parenting Advice Line

Monday – Friday; Noon - 3 p.m.
817-332-6399

Texas Parenting Tips

Parenting tips and resources
www.getparentingtips.com

ADDITIONAL REFERRALS

Tarrant Cares

Referrals for basic needs, education, and health
www.tarrantcares.org

2-1-1 Texas

Referrals for a variety of community resources
Dial 2-1-1 or 1-877-541-7905
www.211texas.org



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*This institution is an equal opportunity provider.
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