



# Mental Health & Substance Use Services

## MHC Members: COVID Update (9/2020)

This is a 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, & federal recommendations to guide decisions in timing and means of delivering services.

At the time of this report (September 2020) many organizations are providing a hybrid of services – virtual and person to person.

Find ongoing updates to Directory Listings at [www.mentalhealthconnection.org](http://www.mentalhealthconnection.org)

### Directory Listings:

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

<b>HELP LINES</b>	<b>DESCRIPTION</b> *Hours vary	<b>AGENCY</b>
<b>Dial 211</b> or <b>877.541.7905</b> Press #6: Coronavirus Needs *24/7	<i>Referral to services for basic needs (mental health, rent, utilities, transportation)</i> <b>English/Spanish</b>	<b>211/ United Way</b>
<b>Referral Helpline</b> 817-333-4673 *24/7	<i>Call in line to assist families through crisis situations, provides referral sources to help. <b>English/Spanish</b></i>	<b>ACH</b>
<b>Parenting Advice Line</b> 817-332-6399 *M-F Noon – 3:00	<i>Free, confidential telephone line for concerned parents or caregivers with questions about raising children.</i> <b>English/Spanish</b>	<b>Parenting Center</b>
<b>Tarrant Cares</b> <a href="http://www.tarrantcares.org">www.tarrantcares.org</a>	<i>Online info service for individuals, families, caregivers &amp; agencies; mental health, Sub use, IDD, Veterans, ...</i> <b>English/Spanish</b>	<b>Coordinated by MHC &amp; Tarrant County</b>
<b>Help Me Grow N. Texas</b> 844-NTX-KIDS (689-5437) M-F 8am-5pm <a href="http://www.HelpMeGrowNorthTexas.org">www.HelpMeGrowNorthTexas.org</a>	<i>Links families with children (0-6) to specialists &amp; community services</i>	<b>MHMR</b>
<b>Pregnancy Hotline</b> 1-800-452-3639 <a href="http://www.Pregnancyhotline.org">www.Pregnancyhotline.org</a>	<i>Support and resources for unplanned pregnancy</i>	<b>Gladney Center for Adoption</b>
<b>817-702-3100</b>	<i>Crisis and referral line for Mental Health &amp; Sub Use Disorders</i>	<b>JPS Health Network</b>

<b>COUNSELING SERVICES</b>					
<b>Beh/Mental Health</b>	<b>Sub Use Specific</b>	<b>Bilingual/Spanish</b>	<b>Additional Services</b>	<b>Cost</b>	<b>Agency &amp; Phone</b>
All Populations	All Populations	X	<i>Psychiatry, Early Childhood, IDD, Housing</i>	Free, Medicaid, Insurance	<b>MHMR</b> 817-335-3022
All Populations	Adults			Self-pay Medicaid, Insurance	<b>Lena Pope</b> 817-255-2500
Veterans & the family	Adult, Children, Youth	X	<i>Veterans, Homeless</i>	Most free, Self-pay	<b>Recovery Resource Council</b> 817-332-2828
	Youth, Family	X		Free	<b>Santa Fe Youth Svcs</b> 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	<b>The Women's Center</b> 817-927-4040
All Populations		X		Free	<b>The Parenting Center</b> <b>817-332-6348</b>
All Populations			<i>All populations, Veterans</i>	Fees, Medicaid, Insurance	<b>The Art Station</b> 817-921-2401
Family, Children, Youth		X	<i>Psychiatry, Psychology</i>	Medicaid, Insurance, CCHCS	<b>Cook Children's</b> 682-885-3917
Family, Children, Youth		X		Free	<b>ACH</b> 817-335-4673
Family, Children, Youth		X		Free, Medicaid, Insurance	<b>CK Behavioral Health</b> 817-516-9100
Adults, Children, Youth		X	<i>Psychiatry, Med. Management, Psychological testing</i>	Self-pay, Medicaid, JPS Connect,	<b>JPS Outpatient Clinics</b> 817-702-3100
Women, Children		X	<i>Domestic Violence</i>	Free	<b>SafeHaven</b> 877-701-7233
Youth & their families			<i>Psychiatry</i>	Insurance	<b>Girls to Women/Young Men's Health</b> 817-524-1811
All Populations		X		Self-pay, Insurance	<b>Telos Project</b> 682-841-1475
All Populations	All Populations	X	<i>Adults, Couples &amp; Relational Issues</i>	Insurance	<b>PSP Professional Services</b> 817-626-6401
Adults, Couples (Virtual & In-Person)	Adults (Virtual & In-Person)			Self-Pay Only	<b>Fort Wellness Counseling</b> 682-232-4003
All populations	All populations	X (& ASL)		Free, Sliding Scale, Ins. Medicare, Medicaid, Crime Victim Comp	<b>Alliance Child &amp; Family Solutions</b> 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	<b>MHMR</b> 817-335-3022
All Populations	All Populations	All Populations	All Populations	All Populations	All Populations	Insurance	<b>Millwood Hospital</b> 817-382-9603
Children, youth	Children, youth	Children, youth	Detox	Youth	Youth	Insurance	<b>Perimeter Beh Health</b> 817-662-6342
All populations	All populations					JPS Connection, private pay, Ins	<b>JPS Health Network</b> Enter 10 <sup>th</sup> Floor 817-702-3100
	All Populations					Insurance	<b>Mind Above Matter</b> 817-447-3001
	All Populations	All Populations				JPS Connect, Insur, Self-pay	<b>JPS</b> 817-702-3100
Families, Children, Youth	Families, Children, Youth	Families Children, Youth				Medicaid, CCHCS, Insurance	<b>Cook Children's</b> 682-885-3917

**EMERGENCY SHELTERS**

SHELTER	DESCRIPTION	AGENCY	SHELTER	DESCRIPTION	AGENCY
<b>Emergency Youth Shelter</b> <b>(817) 335-4673</b> <a href="http://achservices.org/programs/promoting-safety-stability/">achservices.org/programs/promoting-safety-stability/</a>	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	<b>ACH</b>	<b>Domestic Violence Shelter</b> <b>817-335-4673</b> or <b>877-701-7233</b> <a href="http://safehaventc.org/safehaven-services/">safehaventc.org/safehaven-services/</a>	For families fleeing from domestic violence, emergency shelters for survivors receive 24-hour care, basic needs, childcare & legal aid. <i>Limited Capacity with Coronavirus separation protocols</i>	<b>SafeHaven</b>

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

**2020 Mental Health Connection Service Providers**

<b>ACH Child &amp; Family Services</b>	817-335-4673	<a href="http://achservices.org/programs/real-help-for-real-life/counseling/">achservices.org/programs/real-help-for-real-life/counseling/</a>
<b>Alliance For Children</b>	817-335-7172	<a href="https://www.allianceforchildren.org/">https://www.allianceforchildren.org/</a>
<b>Alliance Child &amp; Family Solutions</b>	817-851-2042	<a href="https://www.acfstexas.com/">https://www.acfstexas.com/</a>
<b>The Art Station</b>	817-921-2401	<a href="https://www.theartstation.org/coronavirus-update">https://www.theartstation.org/coronavirus-update</a>
<b>Communities in Schools</b>	817-446-5454	<a href="https://cistarrant.org/">https://cistarrant.org/</a>
<b>CK Behavioral Health</b>	817-516-9100	<a href="https://www.ckfamilyservices.org/programs-and-services/behavioral-health/">https://www.ckfamilyservices.org/programs-and-services/behavioral-health/</a>
<b>Cook Children's</b>	682-885-3917	<a href="https://www.cookchildrens.org/behavioral-health/Pages/default.aspx">https://www.cookchildrens.org/behavioral-health/Pages/default.aspx</a>
<b>First 3 Years</b>	972-310-4097	<a href="https://first3yearstx.org/coronavirus">https://first3yearstx.org/coronavirus</a>
<b>FWISD (Family Resource Centers)</b>	817.814.2870	<a href="https://www.fwisd.org/Page/5357">https://www.fwisd.org/Page/5357</a>
<b>Fort Wellness Counseling</b>	682-232-4003	<a href="https://www.fortwellness.com">https://www.fortwellness.com</a>
<b>Girls to Women/Young Men's Health</b>	817-524-1811	<a href="http://www.gtw-health.com/sc/adolescentsyoung-adult-health/">http://www.gtw-health.com/sc/adolescentsyoung-adult-health/</a>
<b>Gladney Center for Adoption</b>	817-922-6000	<a href="https://adoptionsbygladney.com/">https://adoptionsbygladney.com/</a>
<b>JPS</b>	817-702-3100	<a href="https://jpshealthnet.org/get-care/services/behavioral-health">https://jpshealthnet.org/get-care/services/behavioral-health</a>
<b>Jordan E. Harris Foundation</b>	682-207-5250	<a href="https://jordanharrisfoundation.org/qpr-training">https://jordanharrisfoundation.org/qpr-training</a>
<b>The Parenting Center</b>	817-332-6348	<a href="http://theparentingcenter.org/services/counseling/">http://theparentingcenter.org/services/counseling/</a>
<b>Mind Above Matter</b>	817-447-3001	<a href="https://mindabovematter.com/">https://mindabovematter.com/</a>
<b>Lena Pope</b>	817-255-2500	<a href="https://www.lenapope.org/lena-pope">https://www.lenapope.org/lena-pope</a>
<b>LifeWSnap</b>	682-207-4584	<a href="http://www.lifewsnap.org">www.lifewsnap.org</a>
<b>Recovery Resource Council</b>	817-332-6329	<a href="https://recoverycouncil.org/">https://recoverycouncil.org/</a>
<b>MaskOff</b>	817-264-7250	<a href="https://www.maskoffpanel.com/">https://www.maskoffpanel.com/</a>
<b>MHMR Mental Health &amp; Addiction Svcs</b>	817-335-3022	<a href="http://www.mhmrtarrant.org/Services/Mental-Health-Services">http://www.mhmrtarrant.org/Services/Mental-Health-Services</a>
<b>Millwood Hospital</b>	817-382-9603	<a href="https://millwoodhospital.com/">https://millwoodhospital.com/</a>
<b>Perimeter Healthcare</b>	817-662-6342	<a href="https://www.perimeterhealthcare.com/facilities/perimeter-behavioral-hospital-of-arlington/">https://www.perimeterhealthcare.com/facilities/perimeter-behavioral-hospital-of-arlington/</a>
<b>PSP Professional Services</b>	817-626-6401	<a href="https://www.pspcounseling.com/">https://www.pspcounseling.com/</a>
<b>SafeHaven</b>	877-701-7233	<a href="https://www.safehaventc.org/safehaven-services/">https://www.safehaventc.org/safehaven-services/</a>
<b>Santa Fe Youth Services</b>	817-492-4673	<a href="http://www.santafeyouth.org/our-programs-and-services/school-based-substance-use-services/">http://www.santafeyouth.org/our-programs-and-services/school-based-substance-use-services/</a>
<b>Tarrant County Club House</b>		<a href="https://tclubhouse.org/">https://tclubhouse.org/</a>
<b>The Women's Center of Tarrant County</b>	817-927-4040	<a href="https://www.womenscentertc.org/">https://www.womenscentertc.org/</a>
<b>Telos Project</b>	682-841-1475	<a href="https://www.thetelosproject.org/">https://www.thetelosproject.org/</a>
<b>TCU Department of Social Work</b>	817-257-7469	<a href="https://harriscollege.tcu.edu/social-work/">https://harriscollege.tcu.edu/social-work/</a>
<b>United Way of Tarrant County</b>	817-258-8000	<a href="https://www.unitedwaytarrant.org/">https://www.unitedwaytarrant.org/</a>
<b>Youth Advocate Programs</b>	817-801-1612	<a href="http://www.yapinc.org/texas">http://www.yapinc.org/texas</a>

2020 Mental Health Connection Organizations (cont.)		
Challenge of Tarrant County	817-336-6617	<a href="http://challengetc.org/">http://challengetc.org/</a>
Tarrant County / Juvenile Services	817-838-4600	<a href="http://access.tarrantcounty.com/en/juvenile-services.html">http://access.tarrantcounty.com/en/juvenile-services.html</a>
ChristianWorks for Children of Fort Worth	817-502-7789	<a href="https://www.christian-works.org/">https://www.christian-works.org/</a>
Mesa Springs/Innovations	817-678-4604	<a href="https://mesasprings.com/">https://mesasprings.com/</a>
Samaritan House	817-332-6410 ext 195	<a href="https://samaritanhouse.org/">https://samaritanhouse.org/</a>
STACIE Helps, PLLC	817-907-2340	<a href="https://staciehelps.com/">https://staciehelps.com/</a>
The Shaken Baby Alliance	817-882-8686	<a href="https://www.shakenbaby.org/">https://www.shakenbaby.org/</a>