



Mental Health Month Counseling Resources for EMS ISD Families and Staff

Mind Above Matter

- **FREE** Teacher support Groups
- Wednesdays at 11:30 am
- Contact J. Elliott: Jennifer.elliott@mabovem.com, cell # 863-529-3358

ACH Child and Family Services

- **FREE** youth (ages 6-17) and family counseling
- Contact Phone: 817-335-4673 or 817-851-2042
E-mail: referrals@acfstexas.com
Website: <https://www.acfstexas.com/>
- Also accept Medicaid and CHIP
- They offer English, Spanish, and American Sign Language communication

The Center

- **FREE** counseling options for individuals impacted financially by COVID-19
Contact Phone: 214-526-4525
Website: <https://thecentercounseling.org/>
- Also accept Medicaid and CHIP
- They offer English, Spanish, Cantonese, Mandarin, and other languages

Lena Pope

- **FREE** counseling options
- Contact Phone: 817-255-2652
Website: <https://www.lenapope.org/lena-pope/services/family-matters-counseling/individual-and-family-counseling>
- Accept Medicaid and CHIP and they also have free counseling options as well
- Offering a Stay Strong helpline at [817-806-9920](tel:817-806-9920) for those impacted by COVID-19
- Credentialed mental and behavioral health professionals will take calls from 9 am to 7 pm, Monday through Friday.

For additional mental health support and needs, please call

- Covid Mental Health Support Line 1-833-986-1616 / support for all ages / Spanish Interpreter available
- Mental Health Navigation Line 972-525-8181 / M-F 10 am – 6 pm
Mental Health and Substance Abuse support all ages call 1-800-985-5990; or
Text "TalkWithUs" to 66746

If you are in CRISIS, please call:

- The National Suicide Prevention Lifeline
- 1-800-273-8255 English 1-888-628-9454 Spanish
- The Lifeline provides 24/7, free, and confidential support for people in distress

For more resources, please visit our [Parent Resource](#) page.