

# Community Resources

**\*\*Please contact each agency to ensure information is correct. Information is changing quickly, and many programs may shift to add/decrease services based on recommendations from local, state, and federal authorities\*\***

## General Search Resources

- When you need help finding resources and are not sure where to start, try one of the following options: call 2-1-1 or 817-541-7905 for information and referrals to local community resources
- Tarrant Cares- an online information source for individuals, families, caregivers, and agencies addressing issues you may be facing:  
[www.tarrantcares.org](http://www.tarrantcares.org)
- Aunt Bertha - a comprehensive online directory for community resources:  
<http://www.tccwb.org/resources/aunt-bertha/>
- To get more information or to apply for SNAP/Medicaid/CHIP/WIC/TANF visit  
[www.YourTexasBenefits.com](http://www.YourTexasBenefits.com)
- To get more information about Social Security benefits visit  
<http://www.ssa.gov> or call 1800-772-1213
- If you feel you may qualify for unemployment benefits, you can file a claim through the TWC portal: <https://twc.texas.gov/jobseekers/unemployment-benefits-services>  
or call the Texas Workforce Commission telecenter at 1800-939-6631 8am-6pm for additional information.

## Food Support

### **Community Link Mission**

300 Belmont St  
Saginaw, TX 76179  
817-847-4554

No cost food pantry. You must have an appointment to pick up food. Click the link to schedule an appointment <https://communitylinkmission.org/schedule-a-food-pantry-appt> or call 817-847-4554

### **TCC food Market**

TCC Northwest Campus  
4801 Marine Creek Parkway  
Fort Worth, TX 76179

No cost food market. Market is now a drive thru. Do not get out of your car. The volunteers will load the groceries for you.



**8:30-11:30 a.m.\***  
 Food Market will take place in  
 WATB Hanger on the Northwest Campus  
 4801 Marine Creek Parkway | Fort Worth, TX 76179  
 \*Ending time subject to change.

**FREE TO THE COMMUNITY!**  
 Please bring your own bags, carts or wagons to carry food. Weight of produce  
 can exceed 35lbs.

**2020**  
 January 17      May 14  
 February 21    June 18  
 March 20        July 16  
 April 17         August 8  
 Please do not arrive before 7 a.m.

FOR MORE INFORMATION, PLEASE CONTACT  
 Lisa Benedetti 817-515-7782 | [lisa.benedetti@tcc.edu](mailto:lisa.benedetti@tcc.edu)  
 Ryan Ferguson 817-515-7065 | [ryan.ferguson@tcc.edu](mailto:ryan.ferguson@tcc.edu)  
 Lourdes Davenport 817-515-7654 | [lourdes.davenport@tcc.edu](mailto:lourdes.davenport@tcc.edu)  
 Mike Esquivel 817-515-2763 | [mike.esquivel@tcc.edu](mailto:mike.esquivel@tcc.edu)



## CEC

6520 NE Loop 820  
 North Richland Hills, TX 76180  
 817-281-1164

## Free grocery assistance

The pantry is open **Monday thru Friday from 9:00 am to 1:00 pm** and, additionally, on **Thursday evenings** we reopen for food service **from 5:30 pm to 7:30 pm**. Our food service ZIP codes are: 76021, 76022, 76034, 76244, 76039, 76040, 76051, 76248, 76053, 76054, 76092, 76117, 76118, 76137, 76148, 76180, 76182.

## Tarrant Area Food Bank

County food bank that distributes food to local food pantries. To locate a food pantry near you, please visit <https://tafb.org/find-food/>

## Homeless/Shelter Information

### Salvation Army

1855 East Lancaster  
 Fort Worth, TX 76103  
 (817) 344-1800 Main  
[www.salvationarmydfw.org](http://www.salvationarmydfw.org)

EMERGENCY SHELTER - Open year-round for men, women, and children.

HOME SWEET HOME HOMELESS PREVENTION PROGRAM - 12 months homeless prevention services; FINANCIAL ASSISTANCE--rent assistance and food boxes on emergency basis when funding is available. FIRST CHOICE - Residential treatment facility for chemically dependent pregnant women and single mothers with minor children.

**Presbyterian Night Shelter**

2401 Cypress Street  
Fort Worth, TX 76102  
(817) 632-7429

Emergency shelter for single women, men, and women with children; case management; tutoring; mentoring and educational classes; 3 meals served daily

**Safe Haven**

8701 W Bedford Euless Rd  
Hurst, TX 76053  
(877) 701-7233: 24 Hour Hotline - /SAFE  
(817) 548-0583: Information - Legal Services  
[www.safehaventc.org](http://www.safehaventc.org)

Provides emergency shelter, support groups, case management, counseling, legal representation, supportive housing, and other programs to any victim of family violence. No fees for any victim services. Fees required for Batterer's Intervention Program.

**Free or reduced Cellular/Wireless Service**

<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome>

**Utility Assistance**

Please contact your energy provider about waiving disconnection in light of the current events. Many providers are working with clients unable to pay at this time.

**For more case specific information please contact your campus school counselor, crisis intervention counselor, or social worker.**

## Spanish Speaking Counseling Resources

*\*Se ofrece esta lista como recurso y no debe ser considerada una recomendación, referencia o una aprobación a un proveedor de servicio en particular. Esta lista no contiene todos los recursos y es ofrecida para su conveniencia. Debido a la crisis COVID-19, los recursos en esta lista pueden tener horarios y disponibilidad limitada. Algunos de los proveedores de servicios de salud están ofreciendo servicios telehealth (por computadora o teléfono). Puede ser útil que pregunte sobre estos servicios cuando llame.\**

Zoricelis Davila, LMHC, LPC-S  
www.zoricelisdavila.com  
888-537-4621  
Fort Worth, TX  
\*Spanish Speaking Clients

New Horizons Counseling Center  
Jamie Corona  
817-624-1222  
www.newhorizoncounseling.com  
NRH, River Oaks, Lake Worth, Arlington  
\*Spanish Speaking Counselors, insurance, sliding scale

Lake Worth Counseling  
Lupe Garcia, LPC-S, LMFT-S  
817-238-0106  
www.lakeworthcounseling.com/  
Lake Worth, TX

The Parenting Center  
817-332-6348 or 800-369-4230  
www.TheParentingCenter.org  
Fort Worth TX  
\*individual counseling, parenting classes, sliding scale

All Church Home  
817-335-4673  
www.achservices.org  
Fort Worth TX  
\*youth classes, counseling, sliding scale

\*Catholic Charities of Fort Worth  
817-534-0814  
www.CatholicCharitiesFortWorth.org  
\*refugee services, immigration, counseling

The Women's Center  
817-927-4039  
www.womenscentertc.org  
Fort Worth, TX  
\*sexual assault, abuse, job training/coaching

Lena Pope Home  
817-255-2500  
www.lenapopehome.org  
Fort Worth, TX  
\*sliding fee scale counseling

Safe Haven of Tarrant County  
1-877-701-7273  
1-800-799-SAFE  
www.safehaventc.org  
\*family violence shelter and counseling

Santa Fe Youth Services  
817-492-4673  
www.santefeyouth.org  
Fort Worth, TX  
\*drug/alcohol intervention and education

Recovery Resource Council  
817-332-6329  
www.recoverycouncil.org  
Fort Worth, TX  
\*drug/alcohol intervention and education

# Adolescent Counseling Resources

*\*This list is offered strictly as a resource and should not be considered a recommendation, referral, or endorsement to any particular service provider. This list is not all inclusive and is offered only for your convenience. Due to the COVID-19 crisis, the resources on this list may have limited hours or availability. **Many healthcare providers are now offering telehealth services (online and phone contacts).** It may be helpful to ask about these options when contacting providers.\**

April Wooldridge, LPC-S

817-791-8410

[www.aprilwooldridge.com](http://www.aprilwooldridge.com)

Fort Worth, TX

\*LGBT, Behavior, OCD, Anxiety/Depression

Patti Bolle, MS, LPC-S

817-382-6760

[www.pattibolle.com](http://www.pattibolle.com)

Southlake, TX

\*adolescent self-injury, suicide issues

Mark DeYoung, PhD

817-988-8242

[www.deyoungconsulting.com](http://www.deyoungconsulting.com)

Keller, TX

\*out of network/in-home-counseling

\*Logos Counseling

817-812-2880

[www.logoscounseling.com](http://www.logoscounseling.com)

Haslet, Keller, Southlake, Bedford, Decatur

\*Nurse Practitioner specializes in Psychiatry

\*Beth Herrian, LPC-S

940-294-7060

[www.hopefullycounseling.com/beth-herrian](http://www.hopefullycounseling.com/beth-herrian)

Argyle, TX

\*out of network, Christian Counseling

Jerri Pedro, NCC, LPC, RPT

817-655-0583

[www.oakmontcounseling.com](http://www.oakmontcounseling.com)

Fort Worth, TX

Heritage Counseling Associates

Holly Webb, LPC

214-893-7576

Keller, TX

\*out of network, eating DO/Substance Abuse

\*Amy Teel, LPC

817-307-1367

Lake Worth, TX

\*Takes all Medicaid

\*Oaks Life Center

682-312-8184

[www.theoakslifecenter.com](http://www.theoakslifecenter.com)

Lake Worth, TX

\*EMDR, Elementary, All issues

New Horizons Counseling Center

817-624-1222

[www.newhorizoncounseling.com](http://www.newhorizoncounseling.com)

NRH, River Oaks, Lake Worth, Arlington

\*Spanish Speaking Counselors, insurance, sliding scale

Dr. Brian Rees, LPC

817-715-7373

[www.drbrianrees.com](http://www.drbrianrees.com)

Grapevine, TX

\*out of network

Sandy Allred

817-668-6465

[www.sandyallred.com](http://www.sandyallred.com)

North Richland Hills, TX

\*Christian Counseling

\*Lake Worth Counseling & Psychological Services

817-238-0106 or 817-238-7473

[www.lakeworthcounseling.com](http://www.lakeworthcounseling.com)

Lake Worth, TX

\*psychological testing, crisis assessment

Cynthia Thompson, M.Ed. LPC-S

817-360-2450

[www.doorofhopecounseling.com](http://www.doorofhopecounseling.com)

Arlington, TX

\*trauma, grief/loss, abuse, family violence, parenting

Center for Counseling and Family Relationships

817-232-9400

[www.ccfam.com](http://www.ccfam.com)

\*skills group for all ages

Brighter Possibilities Counseling

817-924-2732

[www.brighterpossibilitiesfc.com](http://www.brighterpossibilitiesfc.com)

Fort Worth and Haslet

\*Family, Couples, Teen counseling

## Adolescent Counseling Resources

Stonegate Behavioral Health  
817-705-1586  
[www.stonegatecounseling.com](http://www.stonegatecounseling.com)  
Keller, TX  
\*in home behavioral counseling

Lisa Landry  
972-814-6122  
Arlington, TX

Melinda Porter, LPC  
817-733-7206  
[www.melindaporter.com](http://www.melindaporter.com)  
Southlake, TX  
\*LGBT counseling

Wes Parks, LPC  
817-996-5730  
[www.fortworthlgbt.com](http://www.fortworthlgbt.com)  
Fort Worth, TX  
\*LGBT counseling

Bruce Cameron, LPC-S, LSOTP, CAS P.A.  
817-514-9383  
[www.cameronlpc.com](http://www.cameronlpc.com)  
\*out of network, Aggressive behavior, Sex Addict

Psy Family Services  
817-338-4471  
[www.psyfamilyservices.com](http://www.psyfamilyservices.com)  
\*insurance, sliding scale, sex addict

Mercy River Counseling  
Bobbie Anne Brown, M.Ed., LPC  
817-609-6733  
Fort Worth, TX  
\*women and children only  
\*accepts UNUM (EAP)

# Adolescent Counseling Resources

## Agency Resources

**Many of these agency resources offer services on a sliding-scale or free basis and may be good options for families without insurance.**

The Art Station  
817-921-2401  
[www.theartstation.org](http://www.theartstation.org)  
Fort Worth, TX  
\*art therapy

The Parenting Center  
817-332-6348 or 800-369-4230  
[www.TheParentingCenter.org](http://www.TheParentingCenter.org)  
Fort Worth TX  
\*individual counseling, parenting classes, sliding scale

ACH Child and Family Services  
817-335-4673  
[www.achservices.org](http://www.achservices.org)  
Fort Worth TX  
\*youth classes, free counseling

\*Catholic Charities of Fort Worth  
817-534-0814  
[www.CatholicCharitiesFortWorth.org](http://www.CatholicCharitiesFortWorth.org)  
\*refugee services, immigration, counseling

Santa Fe Youth Services  
817-492-4673  
[www.santefeyouth.org](http://www.santefeyouth.org)  
Fort Worth, TX  
\*drug/alcohol intervention and education

Recovery Resource Council  
817-332-6329  
[www.recoverycouncil.org](http://www.recoverycouncil.org)  
Fort Worth, TX  
\*drug/alcohol intervention and education

The Women's Center  
817-927-4040  
[www.womenscentertc.org](http://www.womenscentertc.org)  
Fort Worth, TX  
\*sexual assault, abuse, job training/coaching

Lena Pope Home  
817-255-2500  
[www.lenapopehome.org](http://www.lenapopehome.org)  
Fort Worth, TX  
\*sliding fee scale counseling

Safe Haven of Tarrant County  
817-872-5004 (counseling services)  
877-701-SAFE (shelter and crisis information)  
[www.safehaventc.org](http://www.safehaventc.org)  
\*family violence counseling & shelter services

MHMR of Tarrant County  
(817) 335-3022  
<http://www.mhmrtc.org/Services/Mental-Health-Services/Children-and-Adolescents>  
\*wrap around services, case management, psychiatric, counseling

Project Bliss  
1-800-789-7703 or 817-584-5399  
[www.theblissproject.com](http://www.theblissproject.com)  
Fort Worth, TX  
\*eating disorders, body image group, LGBT  
\*private pay and sliding scale

Glick House  
817-531-4859  
<https://txwes.edu/student-life/counseling/>  
\*Texas Wesleyan Interns, sliding fee scale

The Warm Place  
817-870-2272  
[www.thewarmplace.org](http://www.thewarmplace.org)  
\*grief support group for children

Victory Therapy Services  
682-831-1323  
[www.VictoryTherapy.org](http://www.VictoryTherapy.org)  
Roanoke, TX  
\*Equine Therapy

Nami Family-to Family Education  
817-332-6677  
Email: [Jennifer@NAMITarrant.org](mailto:Jennifer@NAMITarrant.org)  
Fort Worth, TX  
\*\*12 week class on mental illness for caregivers

Texas Challenge Academy  
1-877-TCA-0050  
[www.texaschallengeacademy.com](http://www.texaschallengeacademy.com)  
\*structured program for 16-18 yr. old at risk youth designed to address behavior and academic concerns.

\*The Healing Place—Embrace Grace  
940-464-7330  
Fort Worth, TX  
\*Pregnancy Support, meets at the Effie Center

Trauma Support Services of North Texas  
817-378-7158

## Mental Health Emergency Resources - Hospitals

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### **NO APPOINTMENT NEEDED-ASSESSMENTS CONDUCTED 24 hrs/7days a week\***

**Mesa Springs  
(ages 12+)**

5560 Mesa Springs Dr.  
Fort Worth, TX 76123  
817-292-4600

**Texas Health Springwood**

**(\*free assessments M-F, 9 AM-9 PM, ages 12+)**

2717 Tibbets Dr.  
Bedford, TX 76022  
817-355-7777

**Perimeter Behavioral Hospital of  
Arlington (ages 6-25)**

7000 US Hwy 287  
Arlington, TX 76001  
817-662-6341

**University Behavioral Health (ages 13+)**

2026 W University Drive  
Denton, TX 76201  
940-320-8100

**Cook Children's Hospital**

**(ages 2-12, assessments have fees)**

801 Seventh Ave  
Fort Worth, TX 76104  
682-885-3917

**John Peter Smith Hospital  
(assessments have fees)**

1500 S Main Street  
Fort Worth, TX 76104  
817-921-3431 (go to 10th floor)

**Millwood Hospital (ages 5+)**

1001 N Cooper Street  
Arlington, TX 76044  
817-261-3121

### **Hotline Numbers**

National Suicide Hotline: 1-800-273-8255 Teen Suicide Hotline: 1-866-628-7494  
MHMR of Tarrant County Hotline: 1-800-866-2465 or local 817-335-3022

***In the event of an emergency, call 911.***

## Outpatient Programs

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### **Cook Children's Hospital (ages 5-16)**

1300 S. University Dr, Ste. 200  
Fort Worth, Texas 76107  
682-885-3917

### **The Excel Center**

1220 Presidio  
Fort Worth, Texas 76102  
817-335-6429

### **Innovations- Northwest Campus (ages 5-18)**

12412 Timberland Blvd. STE#300  
Fort Worth, Texas 76244  
682-593-6001

### **Innovations- Fort Worth Campus (ages 5-18)**

6421 Camp Bowie Blvd.  
Fort Worth, Texas 76116  
817-841-8002

### **Innovations- Arlington (ages 10-18)**

4935 South Collins St.  
Arlington, Texas 76081  
682-320-2800

### **Mind Above Matter**

4232 Heritage Trace Pkwy  
Keller, Texas 76244  
817-447-3001

### **Texas Health Resources- Springwood (ages 12+ only)**

2717 Tibbets Dr.  
Bedford, Texas 76022  
817-355-7777

### **University Behavioral Health (ages 13+ only)**

2026 W University Drive  
Denton, TX 76201  
940-320-8100

Above are local outpatient (partial hospitalization and/or intensive outpatient) programs. Appointments are required, so please contact the provider(s) to learn more about the specific program and schedule an appointment. **In the event of immediate safety concerns, call 911 or take your child to any emergency room.**

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# Psychiatrist Resources

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Dr. Resuch  
817-585-6807  
Bedford, TX

Dr. Iman  
682-323-4566  
Arlington, TX

+ Dr. Goldman (Southlake Psychiatry)  
817-329-3300  
Southlake, TX

+ Dr. Neysa Johnson  
817-479-9369  
Southlake, TX

+ Dr. Shah (Prime Behavioral Health)  
817-778-8884  
Southlake, TX

+ Privy Oasis  
Dr. Cash, DNP, PMHNP  
817-488-7771  
Grapevine, TX

+ Dr. Nishendu Vassavadu  
972-221-1741  
Carrollton, TX

Dr. Alvi  
940-320-8100  
Denton, TX

Dr. Kishoe Sunkara (sees 6-18)  
817-763-5665  
Fort Worth, TX

JPS Psychiatry Outpatient Mental Health Clinics  
817-702-3100  
Bedford, Bryant Irvin, and Stop Six  
\*ages 6-18

Cook Children's Behavioral Health Services  
682-885-3917 or 682-885-1050  
Fort Worth, TX  
\*Call for screening and scheduling

Child Study Center  
817-336-8611  
Fort Worth, TX  
\*\*long wait list typically

+ Tri City Psychiatric Services (see 16+)  
Dr. Wasiq and Uzma Zaidi, MD  
817-200-6680  
Arlington, TX

+ Dr. Ross Tatum  
817-989-1122  
Fort Worth

+ Dr. Marija N. Djokovic, MD  
UNT Science  
817-735-2400  
Fort Worth, TX

+ Mid Cities Psychiatry (see 16+)  
Grapevine, TX  
817-488-8998  
(also offer transcranial magnetic stimulation therapy)

+ Progressive Psychiatry  
682-200-1744  
Fort Worth, TX

+ The Grant Group DFW  
817-354-7268  
Bedford, TX

Leannonme Health & Wellness (nurse pract. sees 16+)  
6017 Reef Point Lane, STE 135  
Fort Worth, TX 76135  
972-972-4767

+ Symbol signifies provider sees adult as well