

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
- 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
- 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 Hangar 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 Lourdes Davenport
 817-515-7782 | lisa.benedetti@tcc.edu 817-515-7654 | lourdes.davenport@tcc.edu
 Ryan Ferguson Mike Esquivel
 817-515-7095 | ryan.ferguson@tcc.edu 817-515-7743 | mike.esquivel@tcc.edu

Tarrant County College
 Northwest
 4801 Marine Creek Parkway
 Fort Worth, TX 76179

Community Link
 An Equal Opportunity institution equal access to persons with disabilities. | 41321.1113/20W

TARRANT COUNTY COLLEGE
 TCC
 Tarrant County College
 Northwest Campus



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

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

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

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

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

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

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

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

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

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

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

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

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

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
Fort Worth, TX
*LGBT, Behavior, OCD, Anxiety/Depression

Patti Bolle, MS, LPC-S
817-382-6760
www.pattibolle.com
Southlake, TX
*adolescent self-injury, suicide issues

Mark DeYoung, PhD
817-988-8242
www.deyoungconsulting.com
Keller, TX
*out of network/in-home-counseling

*Logos Counseling
817-812-2880
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
Argyle, TX
*out of network, Christian Counseling

Jerri Pedro, NCC, LPC, RPT
817-655-0583
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
Lake Worth, TX
*EMDR, Elementary, All issues

New Horizons Counseling Center
817-624-1222
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
Grapevine, TX
*out of network

Sandy Allred
817-668-6465
www.sandyallred.com
North Richland Hills, TX
*Christian Counseling

*Lake Worth Counseling & Psychological Services
817-238-0106 or 817-238-7473
www.lakeworthcounseling.com
Lake Worth, TX
*psychological testing, crisis assessment

Cynthia Thompson, M.Ed. LPC-S
817-360-2450
www.doorofhopecounseling.com
Arlington, TX
*trauma, grief/loss, abuse, family violence, parenting

Center for Counseling and Family Relationships
817-232-9400
www.ccfam.com
*skills group for all ages

Brighter Possibilities Counseling
817-924-2732
www.brighterpossibilitiesfc.com
Fort Worth and Haslet
*Family, Couples, Teen counseling

Adolescent Counseling Resources

Stonegate Behavioral Health
817-705-1586
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
Southlake, TX
*LGBT counseling

Wes Parks, LPC
817-996-5730
www.fortworthlgbt.com
Fort Worth, TX
*LGBT counseling

Bruce Cameron, LPC-S, LSOTP, CAS P.A.
817-514-9383
www.cameronlpc.com
*out of network, Aggressive behavior, Sex Addict

Psy Family Services
817-338-4471
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
Fort Worth, TX
*art therapy

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

ACH Child and Family Services
817-335-4673
www.achservices.org
Fort Worth TX
*youth classes, free counseling

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

The Women's Center
817-927-4040
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
817-872-5004 (counseling services)
877-701-SAFE (shelter and crisis information)
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
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
*grief support group for children

Victory Therapy Services
682-831-1323
www.VictoryTherapy.org
Roanoke, TX
*Equine Therapy

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

Texas Challenge Academy
1-877-TCA-0050
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

Leanonme 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