



Counseling Department RESOURCE GUIDE



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Community Resources

*The following resources are available in the community. Collin College’s Counseling Services does not endorse any particular resource. It is the individual’s responsibility to research and make choices based upon information received.

Organization Name	Description	Phone
Allen Community Outreach www.acocares.org 801 E. Main Street Allen, TX 75002	Provider of free services for the cities of (Allen, Fairview and Lucas) including financial assistance with household bills, food from the ACO Food Pantry, clothing and housewares.	972-727-9131
Assistance Center of Collin County www.assistancecenter.org 900 E. 18th Street Plano, TX 75074	Serving qualifying low income Individuals in the Plano ISD Area -Financial Assistance to prevent homelessness -Plano Food Pantry providing monthly visits -Tools for School Provide free grade appropriate supplies -Information and Referral -Holiday: Food and Gifts Christmas and Thanksgiving food.	972-422-1125
Christian Community Action www.ccahelps.org 200 South Mill St. Lewisville, TX 75057	Providing Financial Assistance, education and vocational training, job search help, re-sale shops and an adult health center for qualifying individuals living in their service area.	972-219-4300 (972) 219-4357
Community Council of Greater Dallas www.ccgd.org 1341 W. Mockingbird Ln. Suite 1000W Dallas, TX 75247	Provides access to community services including MY RIDE for senior citizens, low-cost health coverage for children and teens, and multiple community youth development programs living in greater Dallas.	214-871-5065
Community Lifeline Center www.communitylifeline.org 1601 N. Waddill St. Suite 102 McKinney, TX 75069	Assistance ranges from financial help – rent, utilities, food, other crisis assistance, job search training, credit and budget counseling, and referral services. Service area includes the cities of Altoga, Anna, Blue Ridge, Celina, Copeville, Farmersville, Josephine, Lavon, Lowery Crossing, McKinney, Melissa, Nevada, New Hope, Princeton, Prosper, Westminster, and Weston.	972-542-0020

<p>Community Food Pantry of McKinney www.community-foodpantry.org 307 Smith St. McKinney, TX 75069</p>	<p>Program provides basic foods to people and families that have lost their jobs, lost income due to illness, or who have had an addition to their family and cannot make ends meet. Filling gap between Food Stamp applications and award. Not bound by any geographical scope.</p>	<p>972-547-4404</p>
<p>Clothes Closet of Plano (in First Presbyterian Church Plano) 1500 Jupiter Rd., Plano, TX 75074 http://www.fpc-plano.org/OutreachAndMissions.html</p>	<p>Provides gently used casual business clothing to the community. Clients are referred through Assistance Center of Collin County: 972-422-1125</p>	<p>972-423-4292</p>
<p>The Church of the Holy Nativity: Food Pantry of Plano www.holynativity.org/outreach/the-food-pantry 2200 18th St., Plano, TX 75074</p>	<p>Anyone living in the Plano Independent School District may apply to receive food to feed a family for one week. Clients are referred through Assistance Center of Collin County: 972-422-1125</p>	<p>972-424-4574</p>
<p>Frisco Family Services www.friscocenter.org 8780 3rd St., Frisco, TX 75034</p>	<p>Provides families and individuals living in Frisco or within the Frisco ISD limits with one time only emergency financial assistance, food, vouchers for clothing and household goods at Frisco Resale, adult life skills classes, and back to school clothing, shoes and supplies.</p>	<p>972-335-9495</p>
<p>Salvation Army www.salvationarmyusa.org</p>	<p>Faith-based organization that provides rehabilitation, hunger relief, and housing services for veterans, adults, children, families, and the elderly.</p>	<p>972-423-8254 Plano 972-542-6694 McKinney</p>
<p>North Texas Food Bank www.ntfb.org 4500 S. Cockrell Hill Rd. Dallas, TX 75236</p>	<p>Taking applications for Food Stamps; Medicaid. Food Pantry Referrals. Community Kitchen produces meals for North Texas Partner Agencies. Serves 13 Counties including Collin.</p>	<p>214-269-0906 Call Center</p>
<p>DFW Low Income Resource Guide – CPC Library http://collin.libguides.com/cpcdfwlowincome</p>	<p>Online database for residents of McKinney, Allen, Plano, Frisco, Dallas, Garland, Fort Worth and Wylie to obtain information about local outreach centers, housing, shelters, food pantries, healthcare, and childcare.</p>	<p>Online Database</p>

Homeless Shelters

*The following resources are available in the community. Collin College's Counseling Services does not endorse any particular resource. It is the individual's responsibility to research and make choices based upon information received.

Adult Shelters	Description	Phone
Austin Street Shelter www.austinstreet.org 2929 Hickory St., Dallas, TX 75226	Emergency shelter and a transitional living facility for those with employment. Substance abuse and psychological counseling are available. Services are provided at no cost to Dallas county residents . Men: 45 and older Women: 18 and older	Dallas 214-428-4242
Dallas Life Foundation Men & Women www.dallaslife.org 100 Cadiz St., Dallas, TX 75215	Faith Based Program. Shelter and meals are served daily. Clothing is provided for daily living, job interviews, as well as for children. Fee of \$12 daily or sign up for a 10 month program which is free. Outside jobs encouraged after three months and housing assistance with completion of the 10 month Program.	Dallas 214-421-1380
Family Gateway www.familygateway.org 711 S St. Paul St., Dallas, TX 75201	Shelter works with Partner Agencies in the Dallas community to deliver services including mental and physical health care; employment readiness and job training; financial literacy classes and education.	214-823-4500
Family Promise of Collin County Sustainable Independence Program (SIP) www.familypromiseofcollincounty.org	Provides food, shelter and support services for Collin County families with children as they regain sustainable independence. All services are provided based on demonstrated need.	972-442-6966
Salvation Army www.salvationarmyusa.org	Group homes, emergency shelters, and transitional living centers provide housing, food, and overnight lodging. Also provides educational, counseling and vocational services to homeless individuals and families. <i>Housing assistance Dallas location only.</i>	214-424-7000

Samaritan Inn www.thesamaritaninn.org	Homeless shelter for individuals and families who live in Collin County; limited overnight emergency shelter. Also provides classes in a variety of life skills: parenting, budgeting, job training, computer skills, and customer service job training.	McKinney 972-542-5302
Union Gospel Mission www.ugmdallas.org	The Union Gospel Mission is a faith-based homeless shelter providing food, beds, and clothing to homeless men and women (18 +) and their children in Dallas County.	Men’s Shelter 214-637-6117 Women’s & Children’s Center 214-638-2988
Youth Only Shelters		
	Description	Phone
ACH – Child and Family Services HELP@ACHSERVICES.ORG 3712 Wichita Street, Ft. Worth, TX 76119 Note: Absorbed The Bridge Emergency Youth Services	Adoption, Foster Care & Turning Point for persons in CPS Region 3 (includes Collin). Offers crisis intervention, acute stabilization and family preservation programs. Immediate assessment and crisis intervention is available 24 hours a day, 7 days a week by calling 817-909-1171.	817-335-HOPE (4673) Toll Free: 888-296-8099
CITY House Homeless Children Center www.cityhouse.org 901 East 18th Street Plano, TX 75074	Serves youth newborn to 21-years-old through three primary programs —an Emergency Shelter for children in Plano , Outpatient Counseling Services for individuals and families, and Transitional Living Program in both Plano and Frisco.	Plano 972-424-4626 Emergency 972-971-0278
Letot – Dallas County Juvenile Facility www.dallascounty.org/department/juvenile/letot.php 10505 Denton Drive, Dallas TX 75220	Emergency shelter, licensed by the Texas Department of Family and Protective Services, provides crisis intervention, diversion programs, and counseling for runaway youth in Dallas county .	Dallas 214-357-0391
Promise House www.promisehouse.org 224 W. Page Ave., Dallas, TX 75208	Emergency Shelter for children, teens and families. Providing a temporary sanctuary for homeless, runaway, and abandoned youth living in North Texas. Transitional program for ages 16 – 24 and Maternity Group housing for women 20 – 24 (including infants) .	Dallas 214-941-8578

Transitional Living Programs	Description	Phone
Transitional Living Program – CITY House www.cityhouse.org/	Residents ages newborn to 17 are provided a 21-day residential stay with access to food, clothing, and shelter, individual and family counseling, medical examination upon intake, academic assistance, transportation assistance, and therapeutic group classes in Collin County. Transitional Program for Youth 18 – 21 ys.	972-424-4626
Emily’s Place www.emilysplacetx.org	Primarily for women and children survivors of domestic violence in Collin County . Includes counseling, vocational assistance, life skills development, employment assistance and spiritual nurturing. Transportation to Addiction Programs available for residents with at least 1 year of sobriety. Residency is available and encouraged for up to two years.	Plano 972-424-7775
Our Friend’s Place www.ourfriendsplace.org 2501 Oak Lawn Avenue, Suite 500 Dallas, TX 75219	Program provides young women ages 18-24 in Dallas with a supportive home and teaches the skills young women need to lead self-sufficient lives. Curriculum stresses the importance of education, career planning, financial literacy, and self-reliance.	Dallas 214-520-6268
Shared Housing www.sharedhousing.org 402 N. Good Latimer Expressway, Dallas, Texas 75204	Offers a commitment of up to 12 months to homeless single parents with children and older adults. Services include crisis intervention, educational/employment assistance, economic self sufficiency programs, social & recreational Programs.	Dallas 214-821-8510
Shiloh Place http://www.shilohplacemckinney.com	Shiloh Place is a ministry to single moms and their children who are homeless or at risk of homelessness in McKinney that offers housing, childcare, and tuition assistance for up to two years.	McKinney 469-534-9407

Support Groups

*The following resources are available in the community. Collin College’s Counseling Services does not endorse any particular resource. It is the individual’s responsibility to research and make choices based upon information received.

Organization Name	Description	Phone
Al-Anon Family Groups www.al-anon.alateen.org	Friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. Younger family members and friends can attend Ala-teen meetings.	Dallas 214-363-0461 Fort Worth 817-336-2492
Alcohol Anonymous (Dallas Intergroup Association) www.aadallas.org	Online directory for meeting times and locations for Alcohol Anonymous groups in Greater Dallas .	Dallas 214-887-6699
Association of Persons Affected by Addiction (APAA) www.apaarecovery.org	Provides job search and preparation, assistance in locating housing and advocating with housing providers to extend housing to high-risk individuals, assistance in obtaining IDs, birth certificates, driver’s licenses, clothing, food, childcare, or dental/medical services; and assistance in filing for eligible mainstream benefits.	Dallas 214-634-2722
Because I Love You (BILY) www.bily.org 1st Presbyterian Church of Richardson 271 N Walton St, Richardson, TX	Support group meetings for parents who have children (of all ages) with behavioral issues such as a negative attitudes, truancy, drug and/or alcohol abuse, running away, and verbal and physical abuse.	Richardson 972-235-2316
Dallas County Asperger’s Self-Advocacy Group www.atcoftexas.org 10503 Metric Dr., Dallas, TX 75243	Assists people with autism and related disorders throughout their lives. Services include residential, educational, therapeutic, adult programs, diagnostics and research.	Dallas 972-644-2076

<p>Computer Gaming Addicts Anonymous http://cgaa.info/online-meetings/ http://springcreekclub.org Cross Creek Village Shopping Center 909 West Spring Creek Parkway, Suite 150, Plano, TX</p>	<p>An online fellowship and recovery program for compulsive video gamers.</p> <p>Members use a variety of tools, including a 12- Step program of recovery. Local meetings are on Saturdays at 9 a.m. in Plano.</p>	<p>Helpline 970-364-3497</p> <p>Plano 972-943-3399</p>
<p>National Autism Assoc. of North Texas Naa-nt.org naaofnorthtexas@gmail.com</p>	<p>NAA-NT hosts several monthly parent support groups, informative monthly meetings with speakers, sibling panels, biomedical roundtables, and self-advocacy group meetings.</p>	<p>Plano 214-925-2722</p>
<p>NAMI Collin County www.namicco.org</p>	<p>Offers support for families, caregivers, and persons suffering from mental illness and families with children and adolescents.</p>	<p>214-908-6264</p>
<p>Narcotics Anonymous www.na.org http://www.dallasareana.org/</p>	<p>Offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. Groups provides help from peers and offers an ongoing support network for addicts who wish to maintain a drug-free lifestyle.</p>	<p>972-699-9306 For a list of meetings in your area.</p>
<p>St. Andrew's United Methodist Church 1401 Mira Vista Street Plano, TX 75093 www.standrewumc.org</p>	<p>Grief Journey Workshop - Intended for anyone who has experienced the death of a loved one and addresses a range of issues.</p> <p>Treasured Times Alzheimer's Support-Provides care to those in the early stages of Alzheimer's Disease (AD) or related dementia.</p> <p>Families Anonymous-Fellowship of parents, relatives, and friends dealing with a loved one's addiction to alcohol, drugs, or harmful behaviors.</p> <p>Wednesdays at 7:30 p.m., Room 233</p>	<p>Donna Fenwick 214.291.8011</p> <p>Dana Bishop 972-618-3450 #268</p>

Counseling Services

*The following resources are available in the community. Collin College’s Counseling Services does not endorse any particular resource. It is the individual’s responsibility to research and make choices based upon information received.

Organization Name	Description	Phone
<p>Child & Family Guidance www.childrenandfamilies.info 8915 Harry Hines Blvd. Dallas, TX 75235</p>	<p>Offers a range of programs designed to equip children, adults, and families with skills and resources needed to reduce the symptoms of mental illness and emotional distress. Staff is bilingual in Spanish and Asian languages. Offices in Dallas, Mesquite and Plano.</p>	<p>Call Center 214-351-3490 866-695-3794</p>
<p>CITY House www.cityhouse.org 901 East 18th Street Plano, TX 75074</p>	<p>Offers community counseling services with a licensed therapist for family problems such as at-risk behaviors, running away, family and relationship conflict, school based concerns and self-image. Families and/or individuals participate in eight free sessions. The majority of youth services are for youth going through transition housing 13-18 yrs.</p>	<p>972-424-4626</p>
<p>Collin County Children’s Advocacy http://www.caccollincounty.org/ 2205 Los Rios Blvd., Plano, TX 75074</p>	<p>Specializing in trauma-informed therapy, staff offers services both to abused children and to their non-offending family members who are dealing with the aftermath of abuse.</p>	<p>972-633-6600</p>
<p>The Counseling Institute of Texas www.citexas.wordpress.com 3200 Southern Drive, Suite 100 Garland, TX 75043</p>	<p>Not-for-profit community counseling agency helping children, adolescents, and adults cope with marital and/or family problems, adolescent issues, divorce, blended families, school truancy and drop-out prevention, physical and sexual abuse, depression, suicide, anger management, and a variety of other issues.</p>	<p>Garland 972-271-4300</p>
<p>Galaxy Counseling Center www.galaxycounseling.org 1025 S Jupiter Road Garland, TX</p>	<p>Provides individual therapy for adolescents and adults, play therapy, family therapy, couples counseling, and group therapy. Offers psychological evaluations,(including ADHD) depression screenings and anger management. Sliding scale fees for counseling. <i>No cost counseling for Veterans.</i></p>	<p>Garland 972-272-4429</p>

<p>Jewish Family Services www.jfsdallas.org 5402 Arapaho Rd. Dallas, TX 75248</p>	<p>Provides individual, family, marriage, or group counseling to include personal emotional crises such as depression, anxiety, mood disorders, and/or serious personal difficulties including conflicts in interpersonal relationships such as marriage or peer friendships.</p>	<p>972-437-9950</p>
<p>Life Path Systems www.lifepathsystems.org 7308 Alma Dr., Plano, TX 75025 1515 Heritage Dr., McKinney, TX 75069</p>	<p>Provides Mental Health and Substance Abuse Services in Collin County and specializes in providing services to those individuals diagnosed with a serious mental illness, substance use disorder, or both. They provide treatment for adults and early childhood intervention for developmentally delayed infants and their families. Children aged 3-17 and adults of any age.</p>	<p>Crisis Hotline 877-422-5939 Plano 972-422-5939 McKinney 972-562-9647</p>
<p>Medical City Green Oaks Hospital www.medicalcitygreenoaks.com Locations: Dallas Plano Los Colinas</p>	<p>Offers mental health services to include adult day treatment, outpatient counseling services, drug and alcohol treatment. Inpatient psychiatric care for adults and adolescents and an integrated Behavioral Health Clinic for outpatient counseling services.</p>	<p>Dallas 972-991-9504</p>
<p>Metrocare Services www.metrocareservices.org 1380 River Bend Drive, Dallas, TX 75247</p>	<p>Services for those with developmental and mental health challenges. Provides services and programs for children through adults including outpatient clinics, rehabilitative programs, housing and homeless services, 24-hour emergency services, hospital liaison services, intensive family services, and long-term support services.</p>	<p>1-877-283-2121</p>
<p>Mosaic Family Services www.mosaicervices.org 12225 Greenville Ave., Suite 800 Dallas, TX</p>	<p>Multicultural Counseling Program offers a culturally-sensitive counseling model that meets the unique needs of foreign born survivors of human rights abuse. Services include Legal Representation, shelter, counseling, client advocacy and community education.</p>	<p>24 HR Crisis 214-823-4434 214-821-5393</p>
<p>Richland Oaks Counseling Center www.richlandoaks.org 1221 Abrams Rd. Suite 325 Richardson, TX 75081 6401 Eldorado Pkwy, Suite 327 McKinney, TX 75070</p>	<p>Provides psychotherapy for individuals, couples, and families and marital and pre-marital counseling. Psychological testing and evaluation also provided. They offer a sliding scale and payment plans. Clinicians are fluent in Spanish, Vietnamese, Urdu, Punjabi, Hindu, and Korean.</p>	<p>Therapy Appointments 469-619-7622 Assessment Appointments 469-609-7622</p>

<p>SMU Center for Family Counseling www.smu.edu/familycounseling 5228 Tennyson Pkwy. Bldg. 3, Suite 102 Plano, TX 75024</p>	<p>Counseling services include family, individual, couples, adolescent and group counseling; play therapy for children is available. Sliding scale fees.</p>	<p>972-473-3456 No fee if proof of valid Collin College ID</p>
<p>STARRY Counseling www.starry.org info.mckinney@starry.org 4501 Medical Center Drive, Ste. 300 McKinney, TX 75069</p>	<p>Provides counseling services at no cost to families with children up to 18 years old. Services include individual, group and family counseling as well as parenting classes. Crisis Hotline for emergency use only to help families avoid imminent abuse, runaways and severe family conflict. Also provides emergency services to children placed in foster care by CPS.</p>	<p>CRISIS HOTLINE 844-226-1789 24/7 McKinney 469-617-7476 Dallas 214-238-0801</p>
<p>Suicide and Crisis Center www.sccenter.org 2808 Swiss Ave Dallas, TX 75204</p>	<p>Free and confidential 24-hour telephone crisis intervention service; (SOS) support group for those who have experienced the loss of a loved one to suicide. Other services include Crisis Debriefing; In-service Training and Speaker Bureau. All services are free to the community of North Texas.</p>	<p>24 HR 214-828-1000 Admin. 214-824-7020</p>
<p>The Turning Point (Rape Crisis Center) www.theturningpoint.org</p>	<p>Provides free counseling, education, and advocacy for those impacted by sexual assault. Also offers trauma-sensitive yoga groups for survivors.</p>	<p>24 HR 800-886-RAPE (7273)</p>
<p>UNT Child & Family Resource Clinic www.coe.unt.edu/child-and-family-resource-clinic 1180 Union Circle Denton, TX 76203</p>	<p>Community clinic offers counseling to children, adolescents, adults, couples and families for issues including learning, emotional and adjustment difficulties. Psychological assessments evaluate a child's (up to 18 years old) intellectual and learning abilities, speech and language concerns, and emotional or psychological challenges.</p>	<p>Denton 940-565-2066 Sliding scale except for psychological educational testing.</p>
<p>YAP – Youth Advocate Program www.yapinc.org/whatwedo/adult 545 Mockingbird Lane Suite 4000 Dallas, TX 75235</p>	<p>Specializes in working with adults and youth with autism spectrum disorders and developmental disabilities. Provide both outpatient services and in-home and school-based services.</p>	<p>Dallas 214-821-6505</p>

Domestic Violence Services

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Organization	Description	Phone
Brighter Tomorrows www.brightertomorrows.net	Located in Irving, program provides a 24-hour crisis hotline, emergency shelter, adult and child counseling, case management, transitional housing, sexual assault services and thrift stores.	24 HR Crisis Hotline 972-262-8383 Administration 972-254-4003
Denton County Friends of the Family www.dcfof.org	The Violence Intervention and Prevention Program offers help to people who are abusive or become violent in intimate relationships. Also offers counseling, advocacy services and emergency shelter for survivors of relationship violence and sexual assault.	24 HR Crisis Hotline 940.382.7273 1.800.572.4031 Office 940-387-5131
Genesis Women’s Shelter www.genesshelter.org 4411 Lemmon Ave., Suite 201 Dallas, TX 75219	24-hour crisis hotline, emergency shelter, transitional housing, individual and group therapy, parenting classes, legal services, and protective orders.	24 HR Hotline 214-946-HELP (4357) Office 214.389.7700
Hope’s Door New Beginning Center www.hopesdoorinc.org www.hdnbc.org 860 F. Ave. Suite 100 Plano, TX 75074 218 N. 10 th Street Garland, TX 75040	Offers Battering Intervention & Prevention Program (BIPP); Counseling, Emergency Shelters; Legal Advocacy; Project Hope (2-hr class for those wishing to pursue affidavit of non-prosecution (dropped charges) for domestic violence crime; Community Education; and LBTQ Services.	24 HR Crisis Hotline 972-276-0057 Offices 972-422-2911 Plano 972-276-0423 Garland
The Family Place www.familyplace.org Dallas, TX	Provides free, comprehensive services including emergency shelter, transitional housing, child development center, community-based counseling, incest recovery program, supervised child visitation, battering intervention and legal services.	24 HR Hotline 214-941-1991 Office 214-559-2170

<p>Islamic Association of Collin County</p> <p>www.planomasjid.org</p> <p>6401 Independence Parkway Plano, Texas 75023</p>	<p>Provides services in response to the social needs of the Muslim communities of North Dallas. Offers a referral and mediation-based program assisting in: Domestic abuse, family and marriage mediation, psychological and medical help.</p>	<p>24 HR Helpline 469-361-1467</p> <p>Office 972-491-5800</p>
<p>Peaceful Oasis Shelter Texas Muslim Women’s Foundation</p> <p>www.tmwf.org/family-violence</p>	<p>Provides social and family violence services through Peaceful Oasis Shelter, leadership skills development for Muslim youth; interfaith outreach to create greater cultural understanding. Also provides training and education on domestic violence, online safety for youth, mental wellness, financial literacy, and women’s entrepreneurship.</p>	<p>972-880-4192 24 HR Hotline</p> <p>469-467-6241</p>
<p>Safe Haven of Tarrant County & Resource Center in Arlington and Fort Worth</p> <p>www.safehaventc.org</p>	<p>Serves domestic violence victims in Fort Worth, Arlington, and the surrounding areas providing services at no cost. 24-hour emergency shelters, counseling, legal services, children’s programs and more. Accepts victims in Collin County.</p>	<p>877-701-SAFE (7233) 24 HR Hotline</p> <p>817-548-0583 Arlington</p> <p>817-536-5496 Ft. Worth-Resource Center</p>

Drug Treatment Referrals

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Organization Name	Description	Phone
<p>Access Counseling Group www.accesscounselinggroup.com</p> <p>2600 Avenue K. Ste. 102 Plano, TX</p> <p>4280 Main #300 Frisco, Texas</p>	<p>Substance abuse treatment programs and services for individuals and families affected by drug and alcohol abuse in Collin County and the surrounding Dallas Counties. Programs include Education classes for: DWI; Drug Offender; Repeat Offender</p>	<p>972-423-8727 Plano</p> <p>972-905-6574 Frisco</p>
<p>Carrollton Springs www.carrolltonsprings.com 2225 Parker Road Carrollton, TX 75010</p> <p>Changes www.ChangesPlano.com 5920 Ave. K, Plano</p>	<p>Inpatient and intensive outpatient programs include addiction treatment and mental health recovery assistance. Senior adult programs available. Includes computer-based education and recovery management programs during and after treatment. Plano location intensive outpatient services only.</p>	<p>Carrollton 972-544-7980</p> <p>Plano 972-212-5487</p>
<p>Dallas Challenge www.dallaschallenge.org</p> <p>7777 Forest Lane, Suite C-410 Dallas, Texas 75230</p>	<p>Licensed Level III and Level IV outpatient adolescent treatment facility provides: Chemical assessments and drug testing. Alcohol and drug education, individual, family and crisis counseling.</p>	<p>214-942-5166 (Main line for drug treatments)</p> <p>Office 972-566-4680</p>
<p>Life Management Resources www.lifemanagementresources.com</p> <p>2301 Ohio Dr., #150 Plano, TX 75093</p>	<p>Fully integrated facilities include detoxification, residential treatment, outpatient treatment, and medication management in Plano & McKinney. Group sessions meet three times a week for eight weeks. Aftercare continues for 12 months following graduation. Sliding scale fees and Medicaid managed care.</p>	<p>972-985-7565</p>
<p>Medical City Green Oaks Adult Intensive Outpatient Program www.greenoakspsych.com</p> <p>4001 W. 15th Street, Ste. 465 Plano, TX 75093 Locations in Dallas and Los Colinas</p>	<p>Alcohol & Drug treatment programs that provides assistance to adults and their families through the early recovery stages of chemical dependency. Also provides Individual counseling and an intensive program for those returning to work.</p>	<p>CRISIS: 972.770.0818</p> <p>Office 972-985-1599 Insurance-based</p>

<p>NEXUS Recovery Center www.nexusrecovery.org</p>	<p>Offers programs for Prevention and intervention; medical detoxification, residential treatment; intensive and supportive outpatient care; recovery support services; Alumni and aftercare services and “PPI” program for pregnant mothers and those with children offering case mgmt., infant care & safety classes, drug education and parenting classes.</p>	<p>214-321-0156 Dallas</p>
<p>North Point Family Center of University Behavioral Health www.ubhdenton.com/contact-us 2026 W. University Drive Denton, TX 76201</p>	<p>Adolescent and Adult inpatient and Outpatient services. Chemical Dependency Program provides detox for persons addicted to alcohol, medications, and drugs while focusing on recovery through 12 step principles as well as relapse prevention.</p>	<p>940-320-8100 Denton 1-888-320-8101 (24/7)</p>

Gay, Lesbian, Bisexual and Transgender

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Organization Name	Purpose	Phone
GALA – Gay and Lesbian Alliance of North Texas www.galanorthtexas.org info@galantx.org	Committed to celebrating diversity and enhancing equality for Lesbian Gay Bisexual and Transgender North Texans in schools, workplaces, and communities through various events and fundraisers.	
Legacy Counseling Center www.legacycares.org 828 Tyler St. Dallas, TX 75208	Provides mental healthcare, substance abuse treatment, and special care housing services for people challenged with HIV and AIDS.	214-941-7373
Youth First of Texas youth@myresourcecenter.org Resource Center http://www.rcdallas.org/what-we-do/health 3918 Harry Hines Blvd., Dallas TX 75219	Provides educational programs, recreational activities and behavioral health programs for youth 12 -18 years old, to equip them with skills needed to lead open and productive lives. Addresses specific issues that LGBTQ teens face and also provides programming and resources for parents and families. Adult Resource Center is the primary lesbian, gay, bisexual, transgender, queer/questioning (LGBTQ) and HIV/AIDS service organization in North Texas. Offers behavioural health services including medication management, substance abuse treatment, intensive outpatient program, individual counseling, HIV services and transgender health services.	214-540-4471 1-866-657-2437

Psychiatric Hospitals

Organization Name	Purpose	Phone
<p>The Wysong Campus at Medical City McKinney</p> <p>http://medicalcitymckinney.com/service/psychiatry</p>	<p>Inpatient and outpatient treatment for adults and seniors with psychiatric conditions including depression, anxiety, suicidal and/or aggressive behavior, psychotic thinking, and bipolar disorder.</p>	<p>972-547-8888</p>
<p>Hickory Trail Hospital</p> <p>www.hickorytrail.com</p> <p>2000 N. Old Hickory Trail DeSoto, TX 75115</p>	<p>24 hours a day, 7 days a week. No cost initial evaluation. Serves specialized needs of children, adolescents, adults, and seniors with mental health issues such as depression, anxiety and stress, bipolar disorder, other emotional and mood disorders, behavioral problems, alcohol abuse and dependency, illicit and prescription drug abuse and dependency.</p>	<p>DeSoto 972-298-7323</p>
<p>Children's Medical Center</p> <p>https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology</p>	<p>Mental Health professionals specialize in treating eating disorders, depression, and other mood disorders, and preventing suicide in children and teens.</p>	<p>Inpatient / Dallas: 214-456-8899 Outpatient (Dallas and Plano): 214-456-5900</p>
<p>Glen Oaks Hospital</p> <p>www.glenoakshospital.com</p> <p>301 E. Division Greenville TX, 75402</p>	<p>Inpatient and outpatient services for adults 18+ and Teens 12-17 struggling with behavioral health or substance use disorders. Free assessments 24/7.</p>	<p>1-800-443-1109 24 Hr. Crisis Line Office 903-454-6000</p>

Vocation / Employment

Organization Name	Purpose	Phone
<p>Career Transitions Workshop Dallas Park Cities Baptist Church Fellowship Hall</p> <p>http://www.pcbc.org/helping-people/ctw/ 3933 Northwest Parkway, Dallas</p>	<p>Faith-focused methodology helps the unemployed in their job search using interview coaching, communication tips, networking, and more. 12-week program is free.</p>	<p>972-702-0761</p>
<p>Easterseals North Texas</p> <p>http://www.ntx.easterseals.com 1424 Hemphill Street Fort Worth</p>	<p>Employment Services match skills and interests of people with disabilities and provides personal support and long-term follow-up.</p>	<p>817-759-7967 1-888-617-7171</p>
<p>My Possibilities</p> <p>http://www.MyPossibilities.org</p> <p>1631 Dorchester Dr. Plano, TX 75075</p>	<p>Program for Adults with cognitive disabilities</p> <p>Job Exploration & Job Training Social Skills & Communication Independent Living Skills Health & Wellness Creative Arts Development</p>	<p>469-241-9100</p>
<p>Texas Workforce Commission</p> <p>www.twc.state.tx.us</p>	<p>Offers career planning tools, job-search resources, match skills to new careers and resources on training and education programs. Information on occupational and industry and Texas Job market. Apply for unemployment benefits. Job assistance & resources for Veterans.</p>	<p>469-229-0099 Plano</p> <p>972-542-3381 McKinney</p>
<p>St. Andrews United Methodist Church</p> <p>http://www.standrewumc.org/finance-career-care</p> <p>5801 W Plano Pkwy Plano, TX 75093</p>	<p>Free, weekly support/coaching group helping those who are out of work or seeking a career change. Job postings, networking, resume, interviewing, etc. and volunteer coaches to assist one on one.</p>	<p>972-380-8001</p>

Hotlines

*The following resources are available in the community. Collin College’s Counseling Services does not endorse any particular resource. It is the individual’s responsibility to research and make choices based upon information received.

Organization Name	Purpose	Phone
2-1-1 www.211.org	Free and confidential service that helps people across North America find the local resources they need including food, housing, employment, healthcare, counseling, and more.	2-1-1 24 Hr / 7 Days
Substance Abuse and Mental Health Services Administration (SAMHSA) www.samhsa.gov	SAMHSA is a public agency within the U.S. Department of Health and Human Services (HHS) making Substance use and mental disorder information, services, and research more accessible.	Suicide Prevention Lifeline 800-799-4889 National Help Line 800-662-4357
LifePath Systems Mental Health Services (Collin County Only) Replaces Value Options and NorthSTAR in Collin County	Provides treatment and support to individuals with Mental Illness, Substance Abuse, Intellectual and Developmental delays.	Crisis Help Line: 877-422-5939
North Texas Behavioral Health Authority http://ntbha.org/	Dallas, Ellis, Hunt, Kaufman, Nararro & Rockwall Provides Mental Health and Substance Abuse services for low income individuals.	Crisis Help Line 1-866-260-8000
Child Protective Services (CPS) www.txabusehotline.org	Provides resources for reporting suspicions of abuse, neglect, and exploitation of children, adults with disabilities, or people who are elderly (65 years or older).	1-800-252-5400
Family Law Hotline Family Violence Legal Line www.texasadvocacyproject.org	Provides free legal services statewide to victims of domestic and dating violence, sexual assault, and stalking. English and Spanish-speaking attorneys available.	Family Violence Legal Line 1-800-374-HOPE (4673) Family Law Line 1-800-777-3247 TX Family Law Line 1-877-899-8709

<p>The National Domestic Violence Hotline</p> <p>http://www.thehotline.org/</p>	<p>Offers support, crisis intervention information, and referral services in over 170 languages. Visitors can find information about domestic violence, safety planning, local resources, and legal help.</p>	<p>1-800-799-7233 (HELP) 24 HR</p> <p>1-800-787-3224 (TTY)</p>
<p>Turning Point</p> <p>http://www.theturningpoint.org/</p>	<p>Offers treatment and prevention of bullying, sexual harassment, and sexual assault through individual counseling, community outreach, education, and legal advocacy.</p>	<p>1-800-866-7273 24 HR</p>
<p>Runaway Hotline TexasYouth.org</p> <p>http://www.dfps.state.tx.us/Youth_Hotline/</p>	<p>Provides prevention services to youths, parents, siblings, and other family members who are in need of a sympathetic ear. Trained volunteers are on call to provide guidance on youth-related concerns, referral information, or simply listen.</p>	<p>Text: 512-872-5777</p> <p>Chat http://www.dfps.state.tx.us/Youth_Hotline/</p> <p>Call: 1-800-989-6884</p>
<p>RAINN – Rape, Abuse, & Incest National Network</p> <p>www.rainn.org/get-help/national-sexual-assault-hotline</p>	<p>Services include finding a local health facility that is trained to care for survivors of sexual assault. Also offers sexual assault forensic exams, local resources that can assist with next steps toward healing and recovery, referrals for long term support, and basic information about medical concerns.</p>	<p>1-800-656-HOPE (4673)</p>
<p>Volunteer Match</p> <p>www.volunteermatch.org/search/org10377.jsp</p>	<p>Provides free professional counseling and advocacy services to victims of crime and violence in both English and Spanish languages.</p>	<p>214-358-5173</p>
<p>Suicide & Crisis Center of North Texas</p> <p>www.sccenter.org</p>	<p>Free and confidential crisis line staffed by trained volunteers who are available to talk and listen 24 hours, 7 days a week. Offers mental health screenings for youth as well as suicide awareness training for schools.</p>	<p>24 HR 214-828-1000 or 800-273-8255</p> <p>Text “Connect” to 741741</p>

Medical Referrals

*The following resources are available in the community. Collin College’s Counseling Services does not endorse any particular resource. It is the individual’s responsibility to research and make choices based upon information received.

Organization Name	Purpose	Phone
<p>Prism Health North Texas (Formally AIDS Arms) www.prismhealthntx.org</p> <p>Community & Client Service Admin. 351 W. Jefferson Blvd. Ste. 300 Dallas, TX 75208</p>	<p>Services include counseling, free HIV, syphilis, and hepatitis C tests, free condoms and clinical trials for qualified applicants.</p>	<p>214-521-5191 Dallas</p>
<p>AIDS Services of Dallas www.aidsdallas.org</p>	<p>Services include advocacy, education, and the development of affordable housing options and community development opportunities, both for residents living with HIV/AIDS, and for economically disadvantaged people. Also provides morning and noon day meals five days each week.</p>	<p>214-941-0523</p>
<p>Health Services of North Texas Denton www.healthntx.org</p>	<p>Provides medical care, prescription assistance, behavioral health and counseling, infectious disease case management, nutrition and wellness, as well as a Guardianship program to North Texans. Specializes treating HIV and offers free HIV testing.</p>	<p>1-800-974-2437 AIDS (Denton)</p> <p>McKinney 972-548-5526</p>
<p>Community Health Clinic http://www.chc-mckinney.com/</p> <p>120 S. Central Expy, Ste. 102 McKinney, TX 75070</p>	<p>Full-service clinic for low-income children and adults without insurance.</p>	<p>972-547-0606 Daytime appointments only</p>
<p>Collin County Adult Clinic www.collincountyadultclinic.org</p> <p>2520 Ave K, Suite #100 Plano, TX 75074</p>	<p>Provides primary care services to the underserved and indigent population in North Texas. Clinical team is accustomed to treating patients with chronic conditions including patients with Diabetes and Hypertension.</p>	<p>972-423-4941 – info 972-423-4891 – appointment line</p>

<p>Collin County Health Care Services</p> <p>http://www.co.collin.tx.us/healthcare_services/pages/default.aspx</p> <p>825 N. McDonald St. #130 McKinney, TX 75069</p>	<p>Services include WIC, immunizations, STD / HIV care, Breast Cancer screening, primary care services (Primacare Program), Coast2Coast RX card (discount prescription card) and Collin County Indigent Program.</p>	<p>972-548-5500 McKinney</p> <p>972-633-3350 Plano</p> <p>972-461-0813 Wylie</p> <p>469-362-5888 Frisco</p>
<p>HOPE Women's Center</p> <p>http://myhope.org/index.php</p> <p>2740 Virginia Pkwy McKinney, TX 75071</p>	<p>Non-profit medical clinic serving Collin County and the surrounding North Dallas area. Provides free medical services and accurate information on all options regarding unplanned pregnancy, including education on abortion, adoption, and parenting.</p>	<p>972-562-4673 McKinney</p>
<p>Pediplace</p> <p>www.pediplace.org</p> <p>502 S Old Orchard Ln #126 Lewisville, TX 75067</p> <p>Spring Creek Village 7989 Belt Line Rd., #120 Dallas, TX 75248</p>	<p>Non-profit pediatric healthcare serving children in North Texas from birth through 18 who are uninsured or those who qualify for Medicaid or CHIP benefits. Services: Treatment of illnesses, Preventive (Well-Child) care including immunizations, hearing and vision screenings and treatment of chronic illnesses.</p>	<p>972-436-7962 Lewisville</p> <p>214-420-8008 Dallas</p>
<p>Planned Parenthood of Greater Dallas</p> <p>www.plannedparenthood.org</p>	<p>Offers preventive, primary care, which helps prevent unintended pregnancies through contraception; reduce the spread of sexually transmitted infections through testing and treatment; and screen for cervical and other cancers.</p>	<p>1-800-230-PLAN</p>
<p>Plano's Children's Medical Clinic</p> <p>www.plano-cmc.org</p> <p>1407 14th Street Plano, TX 75074</p> <p>303 S. Hwy. 78 Wylie, TX 75098</p>	<p>Medicaid / CHIP; also provides pediatric care including well-visit exams, sick visits, immunizations, and sport physicals. Treatment of illnesses.</p>	<p>972-801-9689 Plano</p> <p>972-801-9689 Wylie</p>
<p>Real Options for Women</p> <p>www.realoptionsforwomen.com</p> <p>700 E. Park Blvd #206 Plano, TX 75074</p>	<p>Provides education and services for women to make informed choices when facing an unplanned pregnancy or possible STI infection. Offers free and confidential pregnancy testing, sonograms, options counseling, and STI screenings.</p>	<p>972-424-5144 Plano</p> <p>Text: 972-979-1612</p>

<p>Sora Medical Clinic</p> <p>Soralillyclinic.com</p> <p>280 Legacy Dr. #106 Plano, TX 75023</p>	<p>Affordable family medicine and urgent care. All visits are with a doctor. Clinic open 7 days per week. Self-pay clinic with no insurance required. Same day or next by appointment.</p>	<p>For appointments call 972-517-2171 Or book online</p>
<p>Women's Veteran Health Program VA North Texas Healthcare System</p> <p>www.northtexas.va.gov/services/women/index.asp</p>	<p>Services especially designed to meet the needs of women veterans including general care, mental health care, Military Sexual Trauma program, and management and screening of chronic conditions.</p>	<p>1-800-849-3597</p>

Other Miscellaneous Referrals

*The following resources are available in the community. Collin College's Counseling Services does not endorse any particular resource. It is the individual's responsibility to research and make choices based upon information received.

Organization Name	Purpose	Phone
Big Brothers, Big Sisters www.bbbstx.org	Community-based mentoring program matches children between 6 and 18 years of age with adult mentors and provides ongoing support to the child, volunteer mentor, and child's family.	214-441-2227 Collin County Office
Collin County Veteran Services www.co.collin.tx.us/veterans	Provides assistance in application process of VA and state benefits.	972-881-3060 Plano
The Elisa Project www.theelisaproject.org 10300 N. Central Expwy, Suite 330 Dallas, TX 75231 Email: tep@theelisaproject.org	Provides individuals and their loved ones with education and support about eating disorders while increasing community awareness, encouraging treatment and providing information regarding the availability of appropriate professional services.	214-369-5222
Friends Place (Adult Day services) www.friendsplaceads.com/richardson	Provides activities and socialization opportunities for individuals with Alzheimer's Disease and needing Dementia care in the Richardson, McKinney, DeSoto, and surrounding Dallas areas.	972-274-2484 Desoto 972-437-2940 Richardson
Frisco Down Payment Assistance Prime Lending http://www.primelendingdallas.com/city-of-frisco-down-payment-assistance-program	Offers a Down Payment Assistance Program designed to help low and moderate income families employed by the City of Frisco or the Frisco Independent School District to purchase a home in the City of Frisco.	214-702-1659 (800) 308-8503
Green Path (Formerly known as Consumer Credit Counseling Services of N. Central Texas) www.greenpath.com	Offers free consumer credit counseling and debt counseling, student loan repayment strategy, foreclosure prevention services, and more.	1-800-550-1961
The Gift Adoption Agency 2309 W Parker Road Plano, TX 75023	Non-profit Christian organization linking unwed mothers seeking adoption as an alternative with adoptive families.	469-467-9200 Plano

Helping Our Helpers www.helpingourhelpers.org	Provides counseling, education and support to helping professionals who may suffer from compassion fatigue, burn out, Secondary Post Traumatic Stress Disorder (PTSD) or other stress symptoms.	214-987-1961
HHSC'S Medical Transportation Program www.txhealthsteps.com	Medicaid provides free transportation for Texas Health Steps patients and most others who use Medicaid medical and dental services, Children with Medicaid and their parent or caregiver can get free rides or money to help get to and from the doctor, dentist, hospital, or drug store.	1-877-633-8747 Reservation Line
Islamic Association of Collin County http://planomasjid.org/index.php/services-38903/medical-86221 6401 Independence Pkwy	Services provided Free to uninsured. Provides Adult, Pediatric, Psychiatric, and Dental service by qualified Doctors and HIPPA certified volunteers. We also offer Free five (5) blood tests	469-248-7903 Plano (APPT ONLY)
Journey of Hope www.johgriefsupport.org 3900 West 15th St. Suite 306 Plano, TX 75075	Provides group grief support to children, adolescents, and their parents or adult caregivers who have lost a loved one to death.	972-964-1600
Legacy Adoption & Surrogacy www.legacyas.com	Provides caring, professional and affordable adoption services throughout Texas by offering support during pregnancy, screening of prospective families for adoptions, and surrogacy.	817-784-7579
Legal Aid of North West Texas www.lanwt.org	Provides free civil legal services to low income residents in 114 Texas counties throughout North and West Texas.	972-542-9405 McKinney 1-800-955-1407 Denton
Life Path Systems Early Childhood Services www.lifepathsystems.org/eci-introduction	Services for children under 3 years old includes screenings and assessments for developmental delays such as hearing and vision; specialized skills training; physical, occupational, speech and language therapy; activities to develop learning and eating skills; activities to help social and emotional development; nutritional services, and more.	972-377-7289 Frisco 972-562-0331 McKinney 972-359-1110 Allen 972-722-7016 Rockwall
Lutheran Social Services Upbring Foster care/Adoption services www.upbring.org/programs-and-services/foster-in-texas	Largest faith-based provider of foster care and adoption services in Texas with 14 offices.	972-620-0581 Dallas

<p>North Texas Job Corps http://northtexas.jobcorps.gov/Home.aspx</p>	<p>No-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 with technical and academic training.</p>	<p>800-733-JOBS 972-542-2623 McKinney</p>
<p>Bob Skinner Texas Living www.bobskinnertexasliving.com/about.htm</p>	<p>Provides case management and housing services to persons with severe and persistent mental illnesses.</p>	<p>214-727-2160</p>
<p>Texas Advocacy Project www.texasadvocacyproject.org</p>	<p>Provides <i>free legal services</i> statewide to victims of domestic and dating violence, sexual assault, and stalking.</p>	<p>Family Violence 1-800-374-HOPE (4673)</p>
<p>Texas Home Visiting www.texashomevisiting.org</p>	<p>Free program available in 32 counties that matches families with a trained home visitor that supports families from pregnancy until the time a child enters kindergarten. Programs include: Nurse-Family Partnership, Early Head Start, Parents as Teachers and home instruction for parents of preschool youngsters.</p>	<p>972-578-8100 Home-based Program Manager, Dallas</p>
<p>Texas Department of Human Services www.hhsc.state.tx.us</p>	<p>Website provides information on Food Stamps, Medicaid, Meals on Wheels, disaster assistance, pregnancy support, TANF Cash Help and more.</p>	<p>1-800-448-3927</p>
<p>Texas Law Help www.texaslawhelp.org</p>	<p>Website dedicated to providing free, reliable legal information to low-income Texans.</p>	