



Helpful Tools

Cook Children's Medical Center
Behavioral Health Services
Counseling and testing
682-885-3917

The Parenting Center
Parent support and counseling
817-332-6348

The Warm Place
Grief and loss counseling
817-870-2272

Safe Haven
Domestic Violence Support and Shelter
Ft. Worth 817-535-6462
Arlington 817-548-0583

Stonegate Behavioral Health
Counseling for children involved with CPS
817-705-1586

Lena Pope –bilingual available
Family/children counseling services
817-255-2500

The Women's Center
Rape crisis and Intervention
817-927-4040

MHMR Tarrant County
Mobile Crisis Outreach Team
817-335-3022

Warm line—non crisis
817-546-7826

Suicide
National Suicide Prevention Lifeline
800-273-8255 (TALK)

Crisis Text Line
Text HELP to 741741

Online support for everyday issues
Reachout.com
Halfofus.com
HereforTexas.com

Sexuality/Gender
The Trevor Project
Helpline for LGBT youth
866-488-7386

Homeless Assistance
MHMR Tarrant County
817-996-8800

Spanish and Bilingual Services
Crisis Line (Mental Health or SUD)
ICARE Call center
Spanish speakers Call or Text:
817-335-3022 Local
1-800-866-2465

Children Impacted by Abuse
ACH - free counseling –bilingual available
817-335-4673

Bullying
Stopbullying.gov

Texas Eating Disorders Helpline
866-837-1999