

**The inclusion of a resource or service is for informational purposes only and does not constitute an endorsement.*

Early Childhood Development

The Warren Center, Inc. Phone: 972-490-9055 Website: www.thewarrencenter.org	MHMR of Tarrant County Phone :888-754-0524 Website: www.mhmrtc.org
ECI of LifePath Systems Phone: 972-562-0331 Website: www.lifepathsystems.org	Help Me Grow North Texas Phone: 844-689-5437 Website: https://helpmegrownorthtexas.org/ Email: Info@HelpMeGrowNorthTexas.org Counties served: North Texas Region
ECI of Metro Care Services Phone: 214-333-7097 Website: www.metrocareservices.org	

Mental Health Crisis Resources:

988 Suicide and Crisis Lifeline Call or text 988 for immediate help.	My Health My Resources (MHMR) of Tarrant County Crisis phone: 800-866-3465 Main phone: 814-569-4300 Website: www.mhmrtarrant.org Counties served: Tarrant
North Texas Behavioral Health Authority (NTBHA) Dallas: 214-743-1215 Crisis phone: 866-260-8000 Main phone: 877-653-6363 Website: www.ntbha.org Counties served: Dallas, Ellis, hunt, Kaufman, Navarro and Rockwall	Helen Farabee Center Crisis phone: 800-621-8504 Main phone: 940-394-3143 Website: www.helenfarabee.org County served: Wise
Denton County MHMR Center Crisis phone: 800-762-0157 Main phone: 940-381-5000 Website: www.dentonmhmr.org Counties served: Denton	Life Path Systems Crisis phone: 877-422-5939 Main phone: 877-422-5939 Website: www.lifepathsystems.org Counties served: Collin

Autism Services:

Healthy Minds Psychological Services Phone: 972-973-8165	Autism Learning Partners Plano: 888-805-0759
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Website: www.healthymindsdfw.com Services: General assessment, Autism, ADHD, Neuropsychological, and Psychoeducational	Website: www.autismlearningpartners.com Services: ABA Therapies
Lifespan Psychological Services Phone: 469-664-0070 Website: www.lifespanpsychological.com Services: General assessment, Autism, Neuropsychological, Developmental	LEAP Autism Therapy Phone: 469-642-8455 Website: www.leap2aba.com Services: ABA Therapy, Social Skills, Speech, Play Skills, Potty Training, Picky Eating, Behavioral Problems, Parent Training
Life Stance Health Phone: 888-670-0462 Website: www.lifestance.com Services: General ADHD, ASD, Psychological Evaluations	Mindcolor Phone: 833-646-3222 Website: www.mindcolorautism.com Services: ABA Therapy
Bright Leaf Therapy and Assessment Phone: 972-963-0384 Website: www.brightleaftherapy.com Services: General, Autism, ADHD, Learning	Kyo (Multiple Locations) 877-264-6747 Services: ABA Therapy
The Center for Psychological Services Phone: 972-332-3805 Website: www.cfpsonline.com Services: General, Autism, Developmental, ADHD, Neuropsychological, Pre-adoptive, CANS	Metrocare: Center for Children with Autism Phone: 214-333-7076 Website: www.metrocareservices.org Services: ABA assessment, therapy, parent training
Behavioral Innovations (Dallas & Tarrant County) Phone: 855-782-7822 Website: www.behavioral-innovations.com Services: ABA Therapies	Blue Light Therapies Phone: 469-400-1227 Website: www.bluelighttherapies.com Services: ABA Therapy, Music Therapy, Art Therapy, Speech/OT
Action Behavior Centers (Multiple Locations) Phone: 972-427-1990 Website: www.actionbehavior.com Services: ABA Therapies (Center-based, At Home ABC Academy)	Behavior Frontiers Autism Treatment Center (ABA Services) Plano: 972-665-7251 Website: www.behaviorfrontiers.com Ages (2-6 yr)
Bluesprig (Multiple Locations) Phone: 469-906-6372 Website: www.bluesprigautism.com Services: ABA Therapies (Early Intervention, Adolescent, Home-based, community-based, center-based)	Cornerstone ABA https://www.cornerstone-aba.com/ Dallas/Ft. Worth area Phone: 972-237-0100

School-Age/Education Supports:

Help Me Thrive North Texas Phone: 844-689-8336 Website: https://helpmethrivenorthtexas.org Email: Referral@HelpMeThriveNorthTexas.org Services: Resource navigators for families with children aged 6-17 Service Area: North Texas region	DFPS Resources Education Liaisons. Can help with concerns such as credit recovery. https://www.dfps.texas.gov/Child_Protection/State_Care/education_specialists.asp Education for Children Resource Guide. https://www.dfps.texas.gov/handbooks/CP_S/Resource_Guides/Education_Resource_Guide.pdf
Texas Education Agency Foster Care and Student Success https://tea.texas.gov/academics/special-student-populations/foster-care-and-student-success Email: fostercareliaison@tea.texas.gov	Dallas Independent School District (DISD) Youth and Family Centers Dallas: 972-502-4190 Services: Psychiatry, Therapy, Testing, Bilingual Services, Family Therapy, Group therapy

Day Treatment Resources for School-Age Children:

Children's Day Treatment Program Dallas: 214-456-8899 Age (6+)	Seay Behavioral Center Collin County: 682-236-6023 Age (12+)
Medical City Green Oaks Dallas: 972-770-0818 Age (12+)	Base Point Academy Collin County: 972-996-7990 Age: 13-17yr
Dallas Behavioral Healthcare Hospital Dallas: 972-982-0897 Age (6+)	Elevate Healthcare Kaufman County: 469-294-0148 Age (5+)
Hickory Trail Hospital Dallas: 972-299-3548 Age (13+)	University Behavioral Health Denton County: 940-320-8100 Age (13+)
Medical City Mental Health Frisco Collin County: 469-535-8000 Age (12+)	Millwood Hospital Tarrant County: 817-479-7975 Age (5+)
Texas Health Resources (THR) Seay Behavioral Health Plano Collin County: 682-236-6023 Age (13+)	Perimeter Behavioral Hospital of Arlington Tarrant County: 817-662-6342 Age (5+)
Carrollton Springs Changes Collin County: 469-850-2040	Branches Arlington (Millwood Hospital) Tarrant County: 817-859-7074

Age (11+)	
Collin Springs Collin County: 469-885-8901 Age (11+)	Connections Wellness Group Denton County: 940-222-2399 Age (13-17 yr)
Changes McKinney Collin County: 469-634-1270 Age (11+)	Excel Center Denton County: 972-906-5522 Age (5+)
University Behavioral Health Denton County: 970-320-8100 Age (8-12yr)	Dallas Behavioral Health Care Hospital Dallas County: 972-982-0987 Age (6+)
Excel Center Denton/ Tarrant County: 972-906-5522 Age (5+)	Cook Children's Hospital Tarrant County: 682-885-3917 Age (6+)
Millwood Tarrant County: 817-261-3121 Age (5+)	

Day Treatment Programs for School-Age Children:

Children's Medical Center Dallas County: 214-456-8899 Age (3+)	MetroCare (Hillside Campus) Dallas County: 214-333-7015 Age (3-6yr)
Momentous Institute Dallas County: 214-916-4027 Age (3-5yr)	

Therapy/Psychiatry/Evaluation:

Bien Star Counseling Dallas: 214-682-7842 Website: www.bienstarcounseling.com Services: Psychiatry, Therapy, Bilingual Services, Family Therapy, Adult Therapy (5+)	Compassionate Psychiatric Services Frisco: 469-200-4093 Website: www.compassionatepsychiatry.org Services: Psychiatry, Therapy, Substance Use, Family Therapy, Adult Therapy
Centro de Mi Salud Dallas: 214-941-0798 Crisis Line: 833-986-1919 Website: www.centrodemisalud.com Services: Psychiatry, Therapy, Bilingual Services, Family Therapy, Adult Therapy, Play Therapy, Provides wrap-around services for Children, adolescents, and adults Ages (3+)	Community Care Counseling Dallas: 972-360-0288 Website: www.cccoftexas.com Services: Out-Patient Therapy, Skills Training, Psychosocial Rehabilitation Services, Crisis Intervention, Day Programs for Acute Needs, Medication Management & Training, Targeted Case Management
Child and Family Guidance Center	Connections Wellness Group

Dallas/Mesquite: 214-351-3490 Website: www.childrenandfamilies.org Services: Psychiatry, Therapy, Bilingual Services, Family Therapy, Ages (3+) Mesquite Services: Psychotherapy (3+), Psychiatry, Skills Training, Case Management, Psychosocial Rehabilitation (18+), Clinical Assessments	Dallas/Denton: 940-394-8507 Website: www.connectionswellnessgroup.com Services: Psychiatry, Therapy, Bilingual Services, Eating Disorders, Substance Use, Day Treatment program/PHP, IOP, Family Therapy, Adult Therapy, Play Therapy Ages (3+)
Rees-Jones Center for Foster Care Excellence, Children's Health Clinics in Dallas and Plano https://www.childrens.com/fostercare Phone: 214-867-6000 Services: Integrated primary care with trauma specialists providing individual and family psychotherapy, such as trauma-focused Cognitive Behavioral Therapy and Parent-Child Interaction Therapy; Psychiatric consultation; developmental assessment and developmental education for infants and toddlers; and Psychosocial support, education and advocacy.	Dallas Pediatric Associates Dallas: 972-248-2299 Website: www.dallaspsychiatry.com/home Services: Psychiatry, Bilingual Services, ADHD/Learning Disorders, Autism, Developmental Delay, Substance Use, Family Therapy, Adult Therapy, Medication Management (7+)
Multicultural Recovery Center Dallas: 214-609-3300 Website: www.multiculturalrecoverycenter.com Services: Psychotherapy, Psychiatry, Skills Training	Life Path Systems (Collin County residents only) Plano/McKinney: 972-422-5939 Website: www.lifepathsystems.org Services: Psychiatry, Therapy, Early Childhood Testing, Bilingual Services, ADHD/Learning Disorders, Autism/Developmental Delay, Substance Use, Inpatient. Ages (0+)
Bright Star Counseling and Evaluation Center Bedford: 817-354-5200 ext. 101 Website: www.brightstarpsychiatry.com Services: Psychiatry, Therapy, Testing, ADHD/Learning Disorders, Family Therapy, Adult Therapy	Children First Counseling Grand Prairie: 972-264-0604 Website: www.childrenfirstinc.org Services: Therapy, Family Therapy, Adult Therapy, Plan Therapy, Group Therapy, Life Skills Group, and Teen anger management group. Ages (3+)
Counseling Center of Denton (CCD) Denton & multiple locations: 972-353-9404 Website: www.ccdcounseling.com Services: Therapy, Testing, Bilingual Services, Substance Use, Play Therapy	Gearing Up Plano: 972-596-7229 Website: www.gearingup.com Services: Therapy, Group Therapy, DBT Therapy, DBT skills classes, mindfulness classes, parenting coaching and classes.

Family Tree Program Dallas/Denton County: 888-837-0666 www.familytreeprogram.org Services: Therapy, Bilingual Services, Family Therapy, Group Therapy, Ages: 0-17+	The Counseling Place Richardson: 469-283-0242 Website: www.counselingplace.org Services: Therapy, Play Therapy, Group Therapy, victim assistance, and youth programs (e.g., drug awareness, juvenile first offender program).
CK Family Services Dallas & Collin County: 817-516-9100 Website: www.ckfamilyservices.com Services: Foster Care Services, Adoption Services, Kinship Care Support, Behavioral/Mental Health Services, Family Preservation/Prevention Services, Family Assessment Program/Home Studies, Training & Support for Foster Families	Comprehensive Psychological Services of Texas Website: https://cpsttexas.com/ Address: 1400 Preston Rd Suite 260, Plano Phone: (214) 396-3960 Services: Conduct child and adolescent psychological, autism, attention deficit, and foster care evaluations.
Momentous Institute https://momentousinstitute.org/mental-health-services Email: info@momentousinstitute.org Phone: 214-915-4700 Services: trauma-informed, culturally responsive, family-based mental health services for young people and their families	Telos Project https://www.thetelosproject.org/services Offers therapeutic services, psychological assessments, parent coaching, and Dungeons and Dragons groups. Phone: 682-841-1475 Email: contact@thetelosproject.org
Winners Circle Dallas: 972-499-5066 Website: www.winnerscirclegroupoftexas.com Services: Psychotherapy, Psychiatry	

Intensive Outpatient Resources:

Charlie Health - <https://www.charliehealth.com/>

Offers virtual intensive outpatient services for mental health and substance use disorders
866-805-5055

Transition-Age Youth Resources:

DFPS Services for Youth and Young Adults https://www.dfps.texas.gov/child_protection/Youth_and_Young_Adults/	Transition Resource Action Center (TRAC) Phone: (214)-370-9300 Website: https://traconline.org/ Email: info@traconline.org Services: Life skills training, crisis intervention, transition planning, workforce support, education assistance, drop-in centers, housing assistance
Direction61:3 https://direction613.org/ Email: info@direction613.org Phone: (214) 544-9055 Services: provides stability, life skills, and a place to thrive for current and aging-out foster youth in Texas.	

Parenting Support:

Gearing Up Plano: 972-596-7229 Website: www.gearingup.com Services: parenting coaching and classes	NAMI North Texas Phone: (214) 341-7133 Website: https://www.naminorthtexas.org/
LEAP Autism Therapy Phone: 469-642-8455 Website: www.leap2aba.com Services: Parent Training	Momentous Institute https://momentousinstitute.org/parenting-community
Metrocare Services Phone: 214- 743-1200 Website: www.metrocareservices.org Services: parent support	Pathways to Hope Family Camp https://anchorpoint.us/pathway-to-hope-camp/

Wraparound Services:

Catholic Charities- Dallas Website: www.ccdallas.org	Buckner Family Hope Centers Website: www.buckner.org/family-hope-centers
Arms of Hope Website: www.armsofhope.org	North Texas Behavioral Health Authority Phone: 214-366-9407 Website: www.ntbha.org
Child and Family Guidance Center Phone: 866-501-6535 Website: www.childandfamilies.org	Texas Health and Human Services Commission (HHSC) Phone: 214-372-4671 Website: www.yourtexasbenefits.com

CK Family Services Phone: 214-888-4829 Website: www.ckfamilyservices.org	Yes Waiver (Youth Empowerment Services Waiver is a 1915(c) Medicaid program) North Texas Behavioral Health (CFGF), Dallas: (866) 501-6535 LifePath Systems, Collin: (888) 563-5292 Denton County MHMR Center: (800) 937-1208 For a full listing of phone numbers for each county: https://www.hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/yes-waiver-inquiry-line.pdf Website: https://www.hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health/yes-waiver
Crossroads Community Services Phone: 469-860-6090 Website: www.ccsdallas.org	Youth Advocate Programs (YAP) Phone: 800-324-5794 www.yapinc.org
Texas Health and Human Services Commission (HHSC) Phone: 214-372-4671 Website: www.yourtexasbenefits.com	

Resources to Support Kinship Providers:

DFPS Kinship Services https://www.dfps.texas.gov/Child_Protection/Kinship_Care/default.asp	Licensure (Access to therapy) CK Family Services – https://ckfamilyservices.org/ ACH - https://achservices.org/
Buckner Kinship Care Program https://www.buckner.org/foster-care-adoption/kinship-care/	Dallas CASA Collaborative Family Engagement www.dallascasa.org
Kinship Navigator Program, ACH Child and Family Services https://achservices.org/programs/kinship-navigator/ Primarily serves Tarrant, Erath, Hill, Hood, Johnson, Palo Pinto, Parker, and Somervell counties. Phone: 817-335-4673	Grandparents Raising Grandchildren programs - https://achservices.org/what-to-expect-when-you-werent-expecting/what-to-expect-support-groups/

	Includes resources such as support groups, educational opportunities, online groups, and more.
Thriving Kinship https://thrivingkinship.org/ (214)417-4875 info@thrivingkinship.org	

Medical Resources

Children's Health Rees-Jones Center for Foster Care Excellence https://www.childrens.com/fostercare Clinics in Dallas and Plano https://www.childrens.com/fostercare Phone: 214-867-6000 Services: Integrated primary care Asthma Management Program https://www.childrens.com/asthma 214-456-2857	Cook Children's Fostering Health, Cook Children's - https://www.cookchildrens.org/services/fostering-health/ Services: sick and well-child visits, communicate with the Department of Family Protective Services (DFPS) and child placement agencies, coordinate care between caregivers and primary care physicians, specialists, therapists and behavioral health Asthma Program https://www.cookchildrens.org/asthma Phone: 817-347-2600
Star Health https://www.fostercaretx.com/ Includes member services number and list of resources to which members have access Rewards programs - https://www.fostercaretx.com/for-members/about-star-health/healthy-rewards-program.html Value-added services - https://www.fostercaretx.com/for-members/about-star-health/value-added-services.html Asthma help - https://www.fostercaretx.com/for-members/stay-healthy/asthma-management.html	

Mentoring Resources

Big Brothers Big Sisters www.bbbstx.org	Boys & Girls Clubs of Greater Dallas https://www.bgcdallas.org/
Boys & Girls Clubs of Greater Tarrant County https://bgcgtc.org/	

Legal Resources

Texas Foster Youth Justic Project https://texasfosteryouth.org/ (877) 313-3688 Services: Free legal help for current and former foster youth; website includes links to numerous resources	Texas A&M School of Law Foster Youth and Family Clinics https://law.tamu.edu/legal-help.html Contact: Amber Tilley, atilley@law.tamu.edu , 817-212-4123
Star Health Resource List https://www.fostercaretx.com/for-members/transitioning-youth/important-resources.html (877) 313-3688 Services: Includes community resource guides, incentives and resources provided by Star Health, and helpful phone #s and websites	

Finding Resources

2-1-1 Texas Phone: 211 (option 8) to find local resources	Findhelp https://www.findhelp.org/
Navigate Life Texas (for families raising children with disabilities) Website: https://www.navigatelifetexas.org/en (English) https://www.navigatelifetexas.org/es/ (Spanish)	

Trafficking/Exploited Youth Resources

Traffick911 https://www.traffick911.com/	Mosaic Family Services https://mosaicervices.org/ (214) 821-5393 home@mosaicervices.org
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Poetic PO Box 132633, Dallas, TX 469-802-9793 https://www.iampoetic.org/ Services: Trauma Therapy, Art Therapy, Clinical Case Management and Advocacy Specialties: Comprehensive evidence- based treatment for maltreated, exploited youth. For youth in CPS.	NOMI Network https://nominetwork.org/contact/ 3026 Mockingbird Ln, PO Box 102, Dallas TX 75205 646-867-0608 info@nominetwork.org
National Human Trafficking Hotline 888-373-7888	