

R E S O U R C E S



EMERGENCY: For Those Considering Suicide and Those Who Care About Them

National Suicide Prevention Hotline	988 Veterans Press 1
North America Emergency Number	911
Regional Crisis Center	214-828-1000
Metrocare Services	866-260-8000 (after hour Emergency)
MHMR Tarrant County	817-335-3022 (24/7)
Denton County MHMR	800-762-0157 (24/7)

NON-EMERGENCY: For Those Considering Suicide and Those Who Care About Them

HELPGUIDE.ORG

<http://www.helpguide.org/articles/suicide-prevention/suicide-prevention-helping-someone-who-is-suicidal.htm> [Downloadable PDF of Warning Signs]

Finding a Mental Health Professional

<https://www.dbsalliance.org/wellness/treatment-options/finding-a-health-care-provider/>

Local Mental Health Agency: **214-366-9407**
North Texas Behavioral Health Authority www.nthba.org

Domestic Violence Ministry/Shelter(s)
The Family Place 214-941-1991
Genesis Women’s Shelter 214-946-4357
Hope’s Door 972-422-2911

Homeless Shelter(s): **The Bridge 214-670-1100**
www.homelesshelterdirectory.org
Union Gospel Mission 214-637-6117
Austin Street Shelter 214-428-4242
Arlington Life Shelter 817-548-9885
Dallas Life 214-421-1380
Family Place 214-692-8295
Salvation Army 214-424-7000
Cares Shelter 903-595-3553

Alcoholics Anonymous www.aadallas.org
Find a North Texas meeting at

Self-Help Groups www.psychologytoday.com
Find a Local Group at

Give-an-Hour www.giveanhour.org
Provides free Behavioral Treatment to Military Veterans
and their Families as well as those impacted by trauma

Self-Help Groups www.psychologytoday.com
Find a Local Group at

Substance Abuse Counseling **SAMHSA NATIONAL HELP LINE:** 800-662-4357
APAA – 214-634-2722
ORIGINS 844-211-7035
North Texas Addiction Counseling Education:
Arlington 817-795-8278
Weatherford 817-757-7555
Lake Worth 682-215-5547

Legal Assistance/Legal Aid **Texas Legal Services Center** 512-477-6000
Legal Aid (non-profit) www.internet.lanwt.org

Child Abuse Reporting **Texas Abuse Hotline** 800-252-5400

LOSS: For Those Who Have Lost a Family Member or Friend to Suicide

American Foundation for Suicide Prevention www.afsp.org/coping-with-suicide-loss
www.afsp.org/coping-with-suicide-loss/find-support

Support Groups (SAVE) <https://save.org/save-support-groups/>

SECOND DAY PERSONS: For Those Who Have Emerged from Suicidal Thinking

A Second Day: by Fe Anam Avis www.amazon.com
BLOG: <https://asecondday.wordpress.com/>

ADDITIONAL:

Resource Center Behavioral Health North Texas **214-393-3640**
www.northtexashelp.com **888-800-6799**

Here for Texas Mental Health Navigation Line **972-525-8181**
M-F 10 am – 6 pm www.herefortexas.com

North Texas Chapter – AFSP www.afsp.org/northtexas

Metrocare Services 214-743-1200
Offers Behavioral Treatment as well as
housing and case management services www.metrocareservices.org

HELP FINDER

HelpFinder is the search engine to find free and reduced-cost social services and ministry programs. www.helpfinder.org