



Tarrant County Mental Health Resource Guide 2025

Child Care Organizations

Organization Name:	Tarrant County Child Care Services
Contact No.:	817-831-0374
Organization Name:	Child care associates
Contact No.:	817-838-0055
Organization Name:	Workforce Solutions for Tarrant County
Contact No.:	817-831-0374
Organization Name:	Children's Charities of Fort Worth
Website:	https://childrenscharitiesfw.com/

Depression and Bipolar

Organization Name:	Depression and Bipolar Support Alliance
Contact Email.:	https://www.dbsalliance.org
Organization Name:	Postpartum Depression
Contact Email.:	https://depressionconnection.org

Intellectual and Developmental Disabilities (IDD's)

Organization Name:	Behavioral Innovations
Website:	https://promo.behavioral-innovations.com/autism-help-dallas-fort-worth/?utm_keyword=%2Bautism%20%2Bsupport%20%2Bservices&utm_term=%2Bautism%20%2Bsupport%20%2Bservices&uBhAzEiwAZhWsiPYUM4UyNJPn-un4Gm66CuJiH77w0DF2vRhNzgR6gi7VtZg64NdR1hoC18sQAvD_BwE
Organization Name:	Autism Treatment Center
Website:	https://www.atcoftexas.org/?linklocation=About%20Us&linkname=Autism%20Treatment%20Center%3C

Organization Name:	MHMRTC – Intellectual and Developmental Disabilities
Website:	https://mhmrarrant.org/idd-services/?linklocation=About%20Us&linkname=Intellectual%20and%20Development%20Disa

First Responder Mental Health

Organization Name:	Badge of Life
Website:	http://www.badgeoflife.com/prescription-police-mental-health/
Notes:	Psychological Survival for Law Enforcement – The cornerstone of Badge of Life program is an entirely new approach to suicide prevention, called the "Emotional Self-Care Program"

Organization Name:	Code 9
Website:	http://code9project.org/physical-health-and-wellness.html
Notes:	Making Mental Health a Priority for all First Responders and their Families. Our mission is to provide education, support and viable self-help tools to all Public Safety Personnel and their families for the purpose of managing and reducing the compressive stress effects, such as PTSD and suicide. Code 9 produced a movie called "Code 9 – Officer Needs Assistance," and provides information and training nationally

Organization Name:	CopLine
Contact No.:	800 267-5463
Notes:	CopLine - Officer's Lifeline - 800 267-5463 http://www.copline.org/ COPLINE is operational 24 hours a day / 7 day a week. Calls will be answered by a Peer Support Counselor. All calls and emails are strictly 100% CONFIDENTIAL. COPLINE is the first national law enforcement officers' hotline in the country that is manned by retired law enforcement officers. Retired law enforcement officers are trained in active listening and bring the knowledge and understanding of the many psychosocial stressors that officers go through both and off the job. Active officers and or their families can call 24 hours and day 7 days a week and be assured that there is a trained retired officer on the other end of the line whether the caller is calling while on the duty or off. The line is strictly confidential and there is no fear of punitive repercussions from making the call.

Organization Name:	Critical Incident Stress Management Teams and Peers
Website:	https://www.dshs.texas.gov/mhsa-disaster/cism/
Notes:	Most large police departments, Sheriff's Offices, Fire and EMS Agencies have Peer Support Teams and CISM teams that are available for critical incidents and disasters. In Texas, we have teams coordinated by region that are also available. Texas Department of State Health Services DSHS CISM Network has a listing of local CISM Teams. They are currently in the process of updating them with contact emails and phone numbers. These are dedicated, volunteer teams consisting of Police, Fire, EMS Peers, Chaplains and Mental Health Professionals that will respond to your agency and provide services like educational programs, debriefings, defusings, and referrals.

Organization Name:	NAMI (National Alliance on Mental Illness)
Website:	https://www.nami.org/Law-Enforcement-and-Mental-Health/Strengthening-Officer-Resilience

Notes: great informational page with information on providing support to an officer experiencing distress or other difficulties

Organization Name: The Disaster Distress Helpline

Contact No.: 800-985-5990

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Notes: 24/7/365, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and depression are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Organization Name: Safe Call Now

Contact No.: 206-459-3020 24-hour crisis referral

Website: <https://www.safecallnow.org/get-help-1.html>

Notes: Safe Call Now is a resource for public safety employees to speak confidentially with officers, former law enforcement officers, public safety professionals and/or mental healthcare providers who are familiar with your line of work. Interaction may also be done through email. Although the service is based out of Washington State, first responders from all over the U.S. can utilize their services. Confidentiality is legislatively mandated. They also support other state hotlines (such as Serve & [Protect.org](#) Hotline in TN)

Food Assistance and Faith-Based Communities

Organization Name: Tarrant Area Food Bank

Contact No.: 817-857-7100

Website: <https://tafb.org/>

Organization Name: 6 Stones Mission Network

Contact No.: 817-868-7400

Website: www.6stones.org

Organization Name: Arborlawn United Methodist Church

Contact No.: 817-529-0195

Contact No.: 817-731-0701

Website: www.arborlawnumc.org

Organization Name: Arlington Urban Ministries

Contact No.: 817-861-8585

Website: <https://arlingtonurbanministries.org>

Organization Name: Ash Lane United Methodist Church

Contact No.: 817-283-4421

Website: <https://www.ashlaneumc.org>

Organization Name: Azle Church of Christ (Azle residents only)

Contact No.: 817-444-4202

Contact No.:	817-444-3268
Website:	(http://azlechurchofchrist.com/)
Organization Name:	Arlington Housing Authority
Contact No.:	817-276-6713
	501 W. Sanford, Ste. 20 Arlington, 76011
Note:	Diversion assistance for families who are homeless or at risk of becoming homeless with one-time assistance intended to stabilize the household.
Organization Name:	Beautiful Feet Ministries
Contact No.:	817-536-0505
Website:	https://thefeet.org
Organization Name:	Beth Eden Missionary Baptist Church (also clothing)
Contact No.:	817-534-0283
Website:	(https://www.bethedenchurch.org/)
Organization Name:	Birchman Baptist Church (services to zip codes 76108, 76116, and 76126)
Contact No.:	817-244-6590
Website:	https://birchman.org
Organization Name:	Bisbee Food Ministries (services to zip codes 76060 and 76063)
Contact No.:	817-478-9713
Organization Name:	Bread Basket Ministries (service to ages 55+ and disabled)
Contact No.:	817-535-2323
Contact No.:	817-307-409
Website:	(www.breadbasketministries.org)
Organization Name:	Broadway Baptist Church (also clothing)
Contact No.:	817-336-7464 ext. 8254
Contact No.:	817-336-5761 press 1
Website:	(https://broadwaybc.org/):
Organization Name:	Center for Transforming Lives
Contact No.:	817-332-6191
Notes:	512 West 4th Street Fort Worth, Texas 76102 Transitional Housing: Serves pregnant and single mother families with children up to age 3 experiencing homelessness. Family/Rapid Rehousing: "Rapid Rehousing" (RRH) program provides housing services to families and their children within Fort Worth and Arlington through rent support and other stability programs, and must be referred to by the shelter. Clinical Counseling Supports women and their children through individual, family and group services.
Organization Name:	Center of Hope

Contact No.:	817-594-0266
	629 Palo Pinto St., Ste. D Weatherford, 76086
Notes:	Parker County Resource Rental and utility assistance for Parker County residents. Mental Health Financial assistance Medical and Dental help for those with no insurance and low income
Organization Name:	Community Enrichment Center, Inc. 817-281-1164
Contact No.:	817-834-5595
Website:	https://ccofw.org/
Organization Name:	Christian Center of Fort Worth
Contact No.:	817-834-5595
Website:	https://ccofw.org/
Organization Name:	Community Enrichment Center, Inc.
Contact No.:	817-281-1164
Website:	(https://cechope.org/) :
Organization Name:	Community Link Mission
Contact No.:	817-847-4554
Website:	(https://communitylinkmission.org/) :
Organization Name:	Community Storehouse
Contact No.:	817-431-3340
Website:	(www.communitystorehouse.org) :
Organization Name:	Creekwood Church
Address:	7701 Rendon Bloodworth Rd. Mansfield, Texas 76063
Contact No.:	817-225-6772
Website:	https://creekwoodchurch.com
Organization Name:	Eastland Street Baptist Church
Contact No.:	817-534-8931
Website:	(https://4300eastlandstreet.com/)
Organization Name:	Eastside Ministries Of Fort Worth (Eastside community assistance)
Contact No.:	817-446-3278
Website:	https://eastsidecommunityassistance.org
Organization Name:	Endeavors Unlimited
Contact No.:	817-537-5370
Website:	5601 Bridge Street, Ste. 275 Fort Worth, Texas 76112 Must be an honorably discharged veteran Call for screening
Organization Name:	First Hand Ministries of First Presbyterian Church
Contact No.:	817-335-1231
Website:	www.fpcf.org

Organization Name:	First Missionary Baptist Church
Contact No.:	817-534-8700
Organization Name:	First Street Methodist Mission
Contact No.:	817-335-6080
Website:	https://fumcfw.org/mission/
Organization Name:	Forest Hill Seventh Day Adventist Church
Contact No.:	817-293-2553
Website:	https://foresthillsda.org/
Organization Name:	Fort Worth First Seventh Day Adventist Church
Contact No.:	817-294-5729
Website:	http://www.fwfirst.org/
Organization Name:	Fort Worth Hope Center (also clothing)
Contact No.:	817-451-6288
Organization Name:	Fort Worth ISD Child Nutrition Services
Contact No.:	817-814-3500
Website:	www.fwisd.org/page/318
Organization Name:	Fresh Oil International Church
Contact No.:	817-521-6169 Pastor: O. Jones
Address:	6809 McCart Ave Suite 110 Fort Worth, Texas 76133
Website:	https://www.freshoilinternationalchurch.org
Organization Name:	Grace (Grapevine Relief And Community Exchange)
Contact No.:	817-488-7009
Website:	www.gracegrapevine.org
Organization Name:	Grand Prairie United Charities
Contact No.:	972-262-2014
Website:	https://gpuc.org/
Organization Name:	Hearts And Hands Ministries of North Davis Church of Christ
Contact No.:	817-459-4950
Website:	www.northdavischurch.org
Organization Name:	Helping Hands Ministry (River Oaks Baptist Church)
Contact No.:	817-624-3918
Mansfield Mission Center	Mansfield Mission Center
Contact No.:	817-473-6650
Website:	www.mansfieldmission.org
Organization Name:	Meals On Wheels Inc. of Tarrant County
Contact No.:	817-336-0912
Website:	https://mealsonwheels.org/

Organization Name:	Mercy House (for single women)
Contact No.:	817-369-4628
Website:	(https://mercyhouse.org/)
Organization Name:	Mission Arlington (https://missionarlington.org/)
Contact No.:	817-277-6620
Website:	(https://missionarlington.org/)
Organization Name:	Mission Central
Contact No.:	817-595-0011
Website:	(https://missioncentraltx.org/)
Organization Name:	Need (North East Emergency Distribution)
Contact No.:	817-280-0286
Website:	(https://godshearhumanhands.org/soc-need.htm)
Organization Name:	New Rising Star Missionary Baptist Church
Contact No.:	817-531-2835
Website:	(www.newrisingstarmbc.org)
Organization Name:	North Richland Hills Baptist Church
Contact No.:	817-284-9206
Website:	(www.nrhbc.org)
Organization Name:	Northside Inter-Community Agency
Contact No.:	(817) 626-1102
Website:	https://nicaagency.org
Organization Name:	Olive Place Baptist Church
Contact No.:	817-738-4005
Website:	(www.opbc.org)
Organization Name:	Peace Lutheran Church
Contact No.:	817-284-1677
Website:	(www.peacechurch.org)
Organization Name:	Resource Connection of Tarrant County
Contact No.:	817-531-7600
Website:	(www.tarrantcountytx.gov/en/resource-connection.html)
Organization Name:	South Central Alliance Of Churches (services for zip codes 76104, 76109, and 76110)
Contact No.:	817-923-0486
Website:	(http://fwscac.org/)
Organization Name:	Southside Church of Christ
Contact No.:	817-923-8276
Website:	(www.scofc.org)

Organization Name:	St. Andrew Catholic Church and School
Contact No.:	817-927-5383
Website:	(www.standrewcc.org)
Organization Name:	St. Bartholomew Catholic Church
Contact No.:	817-292-7703
Website:	(www.stbartsw.org)
Organization Name:	St. John's Outreach (St. John The Apostle Parish)
Contact No.:	817-284-5912
Website:	(www.sjtanrh.com)
Organization Name:	St. Jude Catholic Parish
Contact No.:	817-473-6709
Website:	www.stjudemansfieldtx.org)
Organization Name:	St. Maria Goretti Catholic Church
Contact No.:	817-274-0643
Website:	(www.smgparish.org)
Organization Name:	Union Gospel Mission
Contact No.:	817-339-2553
Website:	(www.ugm-tc.org)
Organization Name:	University Baptist Church (also clothing and household items; service for zip codes 76107, 76109, 76110, and 76115)
Contact No.:	817-926-3318
Website:	(https://ubcfortworth.org/)
Organization Name:	Water From the Rock
Contact No.:	(https://www.wftrarlington.org/)
Website:	817-860-9702
Organization Name:	Wee-care pantry (clothing for infants and small children)
Contact No.:	817-831-0586
Organization Name:	West Freeway Church of Christ
Contact No.:	817-246-8000
Website:	(www.wfcoc.org)

Homeless and Housing Support Services

Organization Name:	Arlington Housing Authority Office
Contact No.:	(817)-275-3351
Notes:	Office on 2nd floor on west end. Office- 501 W. Sanford St Suite 20 Arlington, 76011
Website:	https://www.arlingtonhousing.us
Email:	Email- housingcomments@arlingtonhousing.us

Organization Name:	Arlington Urban Ministries
Contact No.:	(817)-861-8585
Notes:	The thrift store is located in Pantego. The mobile food pantry is located at 2200-b E Park Row in Arlington. Office- 701 Dugan St Arlington, 76010
Website:	https://www.arlingtonhousing.us
Organization Name:	Beautiful Feet Ministries
Contact No.:	(817)-536-0505
Notes:	Breakfast, lunch, and chapel Mon - sat, 9:15am - 11:30am. Free medical clinic on wed at 9am. Dental clinic on Fri. Sign up at 8am. Celebrate recovery on thru at 11:30am. Men's and women's program for those trying to get back on their feet. Main office- 1717 E. Hattie St Fort Worth, 76104
Website:	https://www.arlingtonhousing.us
Organization Name:	Lena Pope
Contact No.:	817-255-2500
Notes:	Behavioral, Emotional, and Intellectual Health for children and Families
Website:	https://lenapope.org
Organization Name:	The Morris Foundation (Women and Children's Shelter)
Contact No.:	817-632-7429
Notes:	2320 Poplar St. Fort Worth, TX
Website:	PlayItSafe.org
Organization Name:	ACH Child and Family Services (Children's Shelter)
Notes:	3712 Wichita Street Fort Worth, Texas 76119 (Mailing address)
Website:	https://achservices.org
Organization Name:	United Way Of Tarrant County
Notes:	Shelter
Website:	https://www.unitedwaytarrant.org/
Organization Name:	Women's Center
Contact No.:	817-927-4040
Notes:	1723 Hemphill st. Fort Worth, Texas 76110
Website:	https://www.womenscentertc.org

Hotlines

Organization Name:	Depression and Bipolar Support Alliance Hotline & Helpline
Contact No.:	1-800-784-2433
Organization Name:	Kristin Brooks Hope Center: Hopeline
Email:	www.hopeline.com
Notes:	The Kristin Brooks Hope Center was created to help those in crisis find help and hope immediately. The site and her story gives you a

raw, personal glimpse into depression, and how it affects those around you. In addition, you will find the only clear, step-by-step path for you to follow out of the darkness.

Organization Name: Call 1.800.442.HOPE

Contact No.: (1.800.442.4673)

Organization Name: Veterans Peer Support Line

Contact No.: 1-877-Vet2Vet (1-877-838-2838)

Organization Name: Spanish speaking suicide hotline

Contact No.: 1-800-SUICIDA (1-800-784-2432)

Organization Name: Teen to Teen Peer Counseling Hotline

Contact No.: 1-877-YOUTHLINE (1-877-968-8454)

Organization Name: Grad Student Hotline

Contact No.: 1-800-GRADHLP (1-800-472-3457)

Organization Name: Post-Partum Depression Hotline

Contact No.: 1-800-PPD-MOMS (1-800-773-6667)

Organization Name: Disaster Distress Helpline

Contact No.: 800-985-5990

Organization Name: Crisis TEXT Line

Contact No.: Text HOME to 741741

Organization Name: TRANS Lifeline

Contact No.: 877-565-8860

Organization Name: 211- assistance with Food, Housing, Childcare etc.

Contact No.: 211

Organization Name: National Domestic Violence Hotline

Contact No.: 800-799-7233

Organization Name: Strong Hearts Native Helpline

Contact No.: 844-762-8483

Organization Name: The National Sexual Assault Telephone Hotline

Contact No.: 800-656-HOPE

Organization Name: The National Partnership for Drug-Free Kids Helpline

Contact No.: 855-378-4373

Organization Name: Physician Support Line

Contact No.: 888-409-0141

Housing Assistance

Organization Name: Tarrant County Housing Assistance Office

Contact No.: 817-531-7640

Organization Name:	Tarrant County Samaritan House
Contact No.:	817-332-6410
Organization Name:	Children and family institute
Contact No.:	Fort Worth office- (817)-920-1804
Contact No.:	Dallas office- (214)-337-9979
Website	https://cfiservices.org
Notes:	Diapers, wipes, and other services are available. Children and family institute partners with organizations to locate services they are unable to provide. Main office- 4200 south freeway suite 428 Fort Worth, 76115 Dallas campus- 5787 S. Hampton Rd. suite 480 Dallas, 7523
Organization Name:	DRC: Community Solutions to End Homelessness
Contact No.:	(817)-810-9797
Email:	info@drc-solutions.org
Website	www.drc-solutions.org
Notes:	Services: street outreach, housing placement, case management, and document replacement. Service address- 1100 E. Lancaster Ave Fort Worth, 76102
Organization Name:	Eastside Ministries Of Fort Worth
Contact No.:	(817)-810-9797
Email:	eastsideministries@yahoo.com
Website	eastsidecommunityassistance.org
Notes:	Office- 5929 e. Lancaster Ave Fort Worth, 76112
Organization Name:	Goodwill Industries Of North Central Texas
Contact No.:	(817)-332-7866
Website	www.goodwillfortworth.org
Notes:	Goodwill industries offers 69 programs including job resource centers for job search assistance. Main campus location- 4005 campus Dr Fort Worth, 76119
Organization Name:	Grand Prairie United Charities
Contact No.:	(972)-262-2014
Website	Website- www.gpuc.org
Notes:	Grand prairie residents only Dallas or Tarrant counties accepted. Food is provided, not clothing. 1417 Densman St Grand Prairie, 75051
Organization Name:	Kennedale Independent School District
Contact No.:	Administration- (817)-563-8000
Email:	askisd@kisdtx.net
Website	www.kennedaleisd.net
Notes:	Pre-k education available. Administration building- 120 w. Kennedale Pkwy Kennedale, 76060
Organization Name:	Presbyterian Night Shelter of Tarrant County
Contact No.:	Main- (817)-632-7400
Contact No.:	Human resources- (817)-632-7454

Contact No.:	Upspire program- (817)-632-7454
Website	Website- www.journeyhome.org
Notes:	Family Services (817)-632-7412 - veterans (817)-632-7422 - 2400 Cypress St Fort Worth, 76102

Organization Name:	The Salvation Army NTX
Contact No.:	Main Dallas- (214)-637-8100
Contact No.:	Main Fort Worth- (817)-334-1820
Website	Website- https://salvationarmyntx.org/
Notes:	Multiple locations. Visit https://salvationarmyntx.org/ for a list of sites and services. Clothing isn't provided by the 712 w. Abram St location. A food pantry is offered, and meals are provided daily to the public. Meal schedule – breakfast: 7:30am - 8:00am 8787 N. Stemmons Fwy suite 800 Dallas, 75247

Organization Name:	Union Gospel Mission
Contact No.:	Main- 817-339-2553
Contact No.:	Men's program- 817-338-8420
Contact No.:	Women and families- 817-338-8479
Email:	Email- info@ugm-tc.org
Website	Website- www.ugm-tc.org
Notes:	Call the main number or visit the website for a comprehensive list of services. There are restrictions for re-entry and past conviction services. Main building- 1321 E. Lancaster Ave Fort Worth, 76102

Organization Name:	Victory Temple Ministries
Contact No.:	Intake center- (817)-624-9687
Contact No.:	Men's home- (817)-626-1820
Website	Website- victorytemplerecovery.org
Notes:	Six-month, faith-based addiction rehabilitation recovery program. Serving people with addictions, those who are in gangs, experiencing homelessness or helplessness. Men's and women's home available. Intake center- 3425 N. Elm St Fort Worth, 76106 Men's home- 1602 NW 25th St Fort Worth, 76104

Local Mental Health Resources

1. Organization Name:	Tarrant County My Health My Resources
Contact No.:	For mental health crisis, call/text 800-866-2465
2. Organization Name:	Cook Children's Hospital
Contact No.:	682- 885-1050 (children up to 17yoa)
3. Organization Name:	John Peter Smith Trinity Springs Pavilion-
Contact No.:	(817) 702-3636 (adults)
4. Organization Name:	Mesa Springs Hospital- (children and adults)
Contact NO.:	817-92-4600
5. Organization Name:	Wellbridge Healthcare Fort Worth-
Contact NO.:	(817) 361-1991 (adults and seniors)
6. Organization Name:	Millwood Hospital

Contact NO.:	(817) 361-1991 (adults and seniors)
7. Organization Name:	Cowtown Clubhouse Mental health center
8. Organization Name:	Harvest House
Contact Email:	https://cowtownclubhouse.org/
Notes:	Provides food, clothing, and financial assistance to the most vulnerable residents in our community
9. Organization Name:	Rural Minds
Contact Email:	https://www.ruralminds.org
10. Organization Name:	Tarrant County Homeless Coalition
Contact Email:	https://ahomewithhope.org
11. Organization Name:	Tarrant County Community Development
Contact NO.:	817-850-7940 (Option 2)
Notes.:	2501 Parkview Drive Suite 420 Fort Worth, Texas 76102 Rental and utility assistance Must reside in Tarrant County, outside of Arlington, Fort Worth, and Grand Prairie Renters in households with income at or below 80% of area median income One member of the household has filed for unemployment, financial hardship and can demonstrate a risk of experiencing homelessness or housing instability.
12. Organization Name:	Tarrant County Department of Human Services
Contact NO.:	817-531-5620 Call center
Notes:	1200 Circle Drive, Ste. 200 Fort Worth, 76119 Rental and utility assistance Must Reside in Tarrant County Must demonstrate ability to maintain housing with one time assistance Income cannot exceed 185% of Federal Poverty level Landlord must be willing to agree for tenant to stay a minimum of 30 days Emergency Rental Assistance provided by City of Fort Worth Grants Community Services block Grant provided by Community Action partnership Eligible applicants must meet program income requirements, which include household incomes at or below 200% of the poverty level. Open to Tarrant County Residents.
13. Organization Name:	Aids Outreach Center
Contact NO.:	817-335-1994
Notes:	400 North Beach Street Fort Worth, TX 76111 Specifically with people living with HIV/Aids Rental Assistance Mental Health assistance/ counseling Free/reduced STD testing
14. Organization Name:	Springwood Hospital
Contact NO.:	682-236-6023
15. Organization Name:	Perimeter Hospital

Contact NO.:	817-662-6341
16. Organization Name:	First Street Mission
Contact NO.:	(817) 335-6080
Notes:	801 W. 1st Street Fort Worth, Texas 76102 Cannot assist with late fees, weekly rent or first month's rent Maximum of \$150 per year Payment must bring the individual's total to a zero balance
17. Organization Name:	Grace
Notes:	837 East Walnut St. Grapevine, Texas 76051 Rental and utility assistance for residents residing in Tarrant County Resources evaluated on a case by case basis
18. Organization Name:	Grand prairie United Charities
Contact NO.:	972-262-2014
Notes:	1417 Densman Street Grand Prairie, 76051 On-Site Pantry Rental assistance Must Reside in City of Grand Prairie Cannot pay back rent \$500 max assistance per household.
19. Organization Name:	Housing Channel
Contact NO.:	817-734-7057
Notes:	Foreclosure prevention/mortgage assistance Martin United Methodist Church 2621 Bedford Road Bedford, 76021 Rental and Utility assistance Only receive once in 12 months Have had emergency that causes a financial hardship Must be able to pay remainder of bill
20. Organization Name:	Mission Arlington/Mission Metroplex
Contact NO.:	817-277-6620
Notes:	210 W. South Street Arlington, 76010 Rental Assistance and utility assistance All requests evaluated on case by case basis
21. Organization Name:	When we love
Contact NO.:	682-707-5302
Notes:	1100 E. Lancaster Fort Worth, 76102 Low cost transportation and childcare on monthly basis Employment services Rental assistance limited to one time Must have applied to two other assistance programs and been denied

National Resources

Organization Name:	Alzheimer's Association
Notes:	Contact Safe Return through the incident line at 1.800.572.1122. For assistance with a wandering incident, call: 1.800.572.1122 For Safe Return sign-up and other services, call: 1.888.572.8566 or visit www.alz.org/safereturn
Organization Name:	Ayuda en Español — 1-888-628-9454
Notes:	Una persona capacitada le escuchará y hablará con usted. Si es necesario, podrá darle información sobre recursos o servicios existentes en su comunidad que podrán prestarle ayuda después de la llamada.
Organization Name:	Crisis Text Line
Website:	www.crisistextline.org
Contact No.:	Text START to 741741
Notes:	Crisis Text Line gives free 24/7 support to anyone, anywhere in the USA, anytime, about any type of crisis.
Organization Name:	I'm Alive — www.imalive.org
Notes:	IMAive is a live online network that uses instant messaging to respond to people in crisis. People need a safe place to go during moments of crisis and intense emotional pain.
Organization Name:	National Suicide Prevention Lifeline
Website:	suicidepreventionlifeline.org
Contact No.:	Call 24/7 at 1-800-273-8255 (TALK)
Notes:	Chat from 2 p.m.-2 a.m. chat.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx The National Suicide Prevention Hotline number for individuals who are deaf, hard of hearing, and for those with speech disabilities who use a TTY — 1-800-799-4TTY (4889)
Organization Name:	YouMatter — youmatter.suicidepreventionlifeline.org
Notes:	This is a resource through that National Suicide Prevention Lifeline that is geared towards young adults For a crisis, the phone number and chat link is the same as the above in the National Suicide Prevention Hotline information
Organization Name:	The Trevor Project — www.thetrevorproject.org
Notes:	This website offers help and information specifically geared towards the LGBTQ community. Call 24/7 at 1-866-488-7386 Trevor chat by www.thetrevorproject.org/pages/get-help-now (Available 7 days a week 3:00 p.m. – 9:00 p.m. ET / 12:00 p.m. – 6:00 p.m. PT) Trevor Text: Available on Fridays (4:00 p.m. – 8:00 p.m. ET / 1:00 p.m. – 5:00 p.m. PT). Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply
Organization Name:	Veterans Crisis Line — www.veteranscrisisline.net
Notes:	This website is for U.S. military veterans and family members Call 24/7 at 1-800-273-8255 and Press 1 Send a text message to 838255 to receive confidential support

(available 24/7)
Chat online by
www.veteranscrisisline.net (available 24/7)

Non- Emergency Transportation Organizations

Organization Name:	Agape Baptist Church
Contact No.:	Church office (817)-923-6800
Contact No.:	
Website:	agapebaptist.org
Notes:	-Utility assistance available for residence of 76116 only -900 Southwest Blvd. Fort Worth, 76116
Email:	publications@agapebaptist.org
Organization Name:	Branches Excel Fort Worth
Contact No.:	Office 844-963-HOPE
Website:	https://branchesexcelfortworth.com
Organization Name:	Children and Family Institute
Contact No.:	Fort Worth office (817)-920-1804
Contact No.:	Dallas office (214)-337-9979
Website:	https://cfiservices.org
Notes:	-Diapers, wipes, and other services are available. Children and family --Institute partners with organizations to locate services they are unable to provide. -Main office: 4200 South Freeway suite 428 Fort Worth, 76115 -Dallas campus: 5787 S. Hampton Rd suite 480 Dallas, 75232
Organization Name:	Fort Worth Trinity Metro
Contact No.:	Customer care number- (817)-215-8600
Website:	www.ridettrinitymetro.org
Notes:	-Trinity Metro Services Tarrant County. Bus, rail, on demand ride sharing available. -801 Cherry St suite 850 Fort Worth, 76102
Email:	easyrie@ridetm.org
Organization Name:	Kennedale Independent School District
Contact No.:	Administration (817)-563-8000
Website:	www.kennedaleisd.net
Notes:	-Pre-k education available. -Administration building: 120 W. Kennedale Pkwy Kennedale, 76060
Email:	askisd@kisdtx.net
Organization Name:	Lake Worth Independent School District
Contact No.:	Administration number (817)-306-4200
Website:	www.lwisd.org
Notes:	-Pre-k3 and pre-k4 education available -Administration office: 6805 Telephone Rd Lake Worth, 76135
Email:	marketing@lawisd.org
Organization Name:	Millwood hospital

Contact No.:	Main line (817)-261-3121
Contact No.:	Appointment line (817)-404-2279
Website:	www.millwoodhospital.com
Notes:	-Access ages 5+. Charter school services available. -Main office 1011 N. Cooper St Arlington, 76011

Organization Name:	Tarrant County Re-entry coalition: First Stop
Contact No.:	Office (682)-703-1600
Website:	www.tcreentry.org
Notes:	2300 Circle Dr suite 2301 Fort Worth, 76119
Email:	info@canetwork.org

Parenting

Organization Name:	Contact - The Parenting Center
Contact No.:	817-332-6348
Website:	https://theparentingcenter.org/contact/
Notes:	What is Texas Law Enforcement Peer Network/TLEPN? -A social media network for law enforcement. -A national program designed in helping law enforcement officers gain access to specially trained peers to address stressors, trauma, fatigue, and other needs to combat workforce burnout and end police suicide and self-harm. -A state-wide program designed to give every Texas law enforcement officer access to a specially trained peer to address stressors, trauma, fatigue, and other needs to combat workforce burnout and end police suicide and self-harm

Organization Name:	Parenting Advice Line
Contact No.:	817-332-639

State Resources

Organization Name:	Health and Human Services
Contact No.:	Call 211
Website:	hhs.texas.gov/services/health/mental-health-substance-abuse
Notes:	All kinds of resources for special needs around the state including Texas Veterans, Family Alliance, Postpartum Depression, and Children's Mental Health. Searches include "How to get help" - https://www.dshs.texas.gov/mhsa-mh-help/ An alphabetical listing of crisis hotlines, their websites, and street addresses http://www.dshs.texas.gov/mhsa-crisishotline/ As well as a plug in search feature by County, city, or zip code - https://www.dshs.texas.gov/mhservices-search/

Organization Name:	Mental Health Texas
Contact No.:	Dialing 211 connects you to mental health (and a myriad of Federal, State, local, and charitable organizations)
Website:	Mentalhealthtx.org Or go to www.211texas.org
Notes:	-The website provides information, resources and direction to Texas residents who have mental health needs or who want to support

someone who does.
 -Available 24/7
 -Answered by a live operator, trained to help you access local resources.

Organization Name: Military Veteran Peer Network
Contact No.: (972-338-1314)
Website: www.milvetpeer.net

Organization Name: Texas Law Enforcement Peer Network/TLEPN
Contact No.: (972-338-1314)
Website:

Notes: What is Texas Law Enforcement Peer Network/TLEPN?
 -A social media network for law enforcement.
 -A national program designed in helping law enforcement officers gain access to specially trained peers to address stressors, trauma, fatigue, and other needs to combat workforce burnout and end police suicide and self-harm.
 -A state-wide program designed to give every Texas law enforcement officer access to a specially trained peer to address stressors, trauma, fatigue, and other needs to combat workforce burnout and end police suicide and self-harm

Smart Phone Applications and Digital Services

APP Name: These apps are all free-of-charge
 ASK & prevent suicide — For more information or to download App
Website: <https://itunes.apple.com/us/app/ask-prevent-suicide/id419595716?mt=8>
Website: <https://play.google.com/store/apps/details?id=com.mhatexas.askandprevent&hl=en>
Notes: Developed by Mental Health America of Texas, this App outlines information such as Warning Signs and advice for how to proceed in a crisis, as well as links to suicide prevention hotlines, for individuals and family/friends of people at risk of suicide.

APP Name: Breathe2Relax
Website: <https://itunes.apple.com/us/app/breath2relax/id425720246?mt=>
Website: <http://play.google.com/store/apps/details?id=org.t2helath.breathe2relax&hl=en>
Notes: This is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight or flight' stress response, and help with mood stabilization, anger control and anxiety management

APP Name: My3
Website: my3app.org
Website: <http://play.google.com/store/apps/details?id=org.t2helath.breathe2relax&hl=en>
Notes: This App allows users to plan ahead by listing 3 personal contacts who can be called in times of crisis, and creating their own safety plan where they can detail their own warning signs, coping

strategies, and ideas to keep themselves safe. This app also provides easy link to National Suicide Prevention Lifeline phone number.

APP Name:	Operation Reach Out
Website:	militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out/
Notes:	Literally a lifesaving app, this free intervention tool helps people who are having suicidal thoughts to reassess their thinking and get help. Created by the military but useful for all.
APP Name:	Prescription Digital Therapeutics (PDTs)
Website:	https://pro.boehringer-ingenelheim.com/us/pdt-pathway/resources
Notes:	PDTs are designed to be convenient and user friendly. Patients can be prescribed PDTs within the physician's office. Patients may then download the PDT and are guided through the activation steps. People living with mental health conditions can discreetly access validated therapeutic techniques delivered by PDTs anytime, anywhere on smartphones or tablets.
APP Name:	ReachZ
Website:	https://play.google.com/store/apps/details?id=com.senithech.reachzcompanion (Android only)
Notes:	Another App that integrates safety plans with warning signs and easy links to find appropriate crisis resources.
APP Name:	SAM: Self-help Anxiety Management
Website:	https://itunes.apple.com/us/app/self-help-for-anxiety-management/id666767947?mt=8
Website:	https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en
Notes:	Sam is an app developed by psychologists, computer scientists, and students that offers a range of self-help methods for people who are serious about learning to manage their anxiety. This is a closed social network of SAM users.
APP Name:	Suicide Safer Home – for more information or to download the app
Website:	http://itunes.apple.com/us/app/suicide-safer-hom/id91153570?mt=8
Website:	http://play.google.com/store/apps/details?id=gov.hhs.samhsaapp.spa&hl=en
Notes:	This app offers practical tips for concerned parents and adult family caregivers for keeping families safer.
APP Name:	Texas Veterans
Website:	http://itunes.apple.com/us/app/suicide-safer-hom/id91153570?mt=8
Website:	https://play.google.com/store/apps/details?id=com.ehsc.texasveteransmobile&hl=en
Notes:	The app is designed to provide U.S. veterans easy access to Texas Veterans hotline, the Texas Veteran Portal, the Veteran Crisis Hotline, and the Hotline for Women Veterans.
APP Name:	Treatment Advocacy Center App

Website:	m.appcreatorpro.com/m/treatmentadvocacycenter/5d0583d4d7/5d0583d4d7.html
Notes:	State-specific standards for emergency hospitalization and for who can initiate treatment; inpatient and outpatient commitment criteria by state; tips on navigating the Health Insurance Portability and Accountability Act (HIPAA); and information on responding to specific kinds of psychiatric emergencies such as suicide or assault danger

Social Media

Organization Name:	Facebook
Website:	https://www.facebook.com/help/contact/?id=305410456169423
Notes:	Anonymously report someone as suicidal on Facebook and a member of the Facebook's Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with a Lifeline Counselor
Organization Name:	Twitter
Website:	https://support.twitter.com/forms/general
Notes:	Select "Self-Harm" to send an e-mail to Twitter reporting a suicidal user. Twitter will send the user a direct message with the Lifeline number
Organization Name:	Youtube
Website:	youtube.com
Notes:	To report suicidal content, click on the flag icon under a video and select "harmful Dangerous Acts" and then "Suicide or Self-Injury." YouTube will then review the video and may send a message to the user with the Lifeline Number.
Organization Name:	Tumblr
Website:	https://tumblr.zendesk.com/hc/en-us
Notes:	Write an e-mail to Tumblr about a suicidal user with as much information as possible including the URL of the Tumblr blog. A member of Tumblr's Safety Team will send the user an e-mail with the Lifeline Number

Suicide Prevention

Organization Name:	988 Suicide and Crisis Lifeline
Contact No.:	988 (Option 1 for Veterans in Crisis)
Organization Name:	Suicide Prevention Resource Center
Website:	www.sprc.org
Organization Name:	American Foundation for Suicide Prevention
Website:	https://afsp.org

Underserved Religious Communities

Organization Name:	Muslim Community Center for Human Services
Contact No.:	817-589-9165
Contact No.:	682-715-4849
Website:	https://mcc-hs.squarespace.com
Organization Name:	Asian Mental Health Collective

Contact No.:	800-273-TALK
Website:	https://www.asianmhc.org
Notes:	List if Asian Therapist

Organization Name:	Asian Mental Health Project
Website:	https://www.asianmhc.org

Legal Considerations Regarding Mental Health in Texas

Health and Safety Code	571.019
Health and Safety Code	572.001
Health and Safety Code	573.002
Health and Safety Code	573.003
Health and Safety Code	573.011
Health and Safety Code	573.021
Health and Safety Code	574.022
Health and Safety Code	574.025
Health and Safety Code	574.045
Code of Criminal Procedure	16.27
Code of Criminal Procedure	18.191
ProcedureAttorney General Opinion	GA-0753
Attorney General Opinion Article JC-0387 Attorney General Opinion	GA-0877

Demographics of the Officer's Jurisdiction

When	2022 U.S. Census Bureau
Where	Tarrant County, Texas
Total Population	2,110,640
Median Household Income	\$76,210
Bachelor's Degree	34.4%
Employment Rate	65.8%
Total Housing Units	808,364
Without Health Care Coverage	16.2%
Total Employer Establishments	45,993
Total Households	787,083
Hispanic or Latino (of any race)	620,907

Mental Health Crisis Symptom Identification aids and De-escalation techniques.

10 Warning Signs of Mental Health Distress:

1. Feeling very sad, withdrawn or unmotivated (for more than two week
2. Planning to or trying to harm or kill oneself
3. Out-of-control or risk-taking behaviors
4. Overwhelming fear with a racing heart or fast breathing
5. Sudden weight gain/loss or loss of appetite

6. Severe mood swings
7. Excessive use of drugs or alcohol
8. Drastic changes in behavior, hygiene or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears impacting daily activities

How Can You Help Someone Struggling Mentally?

You've spotted the signs, but now what? Atrium Health follows the Mental Health First Aid (MHFA) five-step action plan called ALGEE to help those who may be dealing with suicide, mental illness or substance use disorders. Here are the steps:

1. Assess for risk of suicide or harm – Some warning signs include threatening to hurt or kill oneself, seeking access to means to hurt or kill oneself, talking or writing about death and feeling hopeless.
2. Listen without judgement – MHFA teaches you to use verbal and nonverbal skills such as open body posture, comfortable eye contact and other strategies to take part in appropriate conversation.
3. Give reassurance and information – MHFA provides information and resources you can offer to someone to offer emotional support and practical help.
4. Encourage appropriate professional help – Types of professionals include primary care physicians, psychiatrists, social workers, counselors and certified peer specialists. Types of professional help include talk therapies, medication and other professional supports.
5. Encourage self-help and other support strategies – People with mental illness can support their own recovery and wellness through exercise, relaxation, meditation, participating in peer support groups and self-help books.

Seeking professional help can be overwhelming, but finding the right treatment can save someone's life