



2025 Resource Guide

This guide provides comprehensive information about available resources in the Denton County Area.

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Denton County MHMR Locations
24 Hour Crisis Hotline 1-800-762-0157 or dial 988

Denton Outpatient Clinic

Address: 2519 Scripture Street P.O.
Box 2346 Denton, Texas 76202
Phone: 940-381-5000
Services Include: Intake, Crisis
Intake, Adult Mental Health, Crisis
Outpatient Clinic (Psychiatric
Triage Clinic)

McKinney Outpatient Clinic

Address: 2509 Scripture Street Suite
103 Denton, Texas 76201
Phone: 940-381-9965
Services Include: 24/7 Crisis
Intervention, Intake, and Referral

Morse Clinic

Address: 835 Morse Street Suite
101 Denton, Texas 76208
Phone: 940-891-0970
Services Include: HCS Care
Coordination, HCS Residential.
Community Support/Vocational,
HCS Family Living Services IDD
Services

Flower Mound Outpatient Clinic

Address: 1001 Cross Timbers Road
Suite 1250 Flower Mound, Texas
75028
Phone: 214-488-0121
Services Include: Outpatient Mental
Health Services

Morse Street Clinic

Address: 3827 Morse Street Suite
101 Denton, Texas 76208
Phone: 940-381-5000
Services Include: HCS Service
Coordination, Child and Adolescent
Mental Health Services

Helpful Phone Numbers

Attorney General (Child Support Division)	(800) 252-8014
Animal Control for the City of Denton.....	(940) 349-7594
City of Argyle.....	(940) 464-7273
City of Aubrey.....	(940) 440-9343
City of Corinth.....	(940) 498-3200
City of Denton.....	(940) 349-8200
City of Justin.....	(940) 648-2541
City of Krugerville.....	(940) 365-5833
City of Krum.....	(940) 482-3491
City of Lake Dallas.....	(940) 497-2226
City of Lewisville.....	(972) 219-3400
City of Pilot Point.....	(940) 686-2165
City of Ponder.....	(940) 479-2396
City of Sanger.....	(940) 458-7930
City of Tioga.....	(940) 437-2351
Denton Chamber of Commerce.....	(940) 382-9693
Denton County Juvenile Probation.....	(940) 349-2400
Denton County Mental Health Navigators.....	(940) 349-3000
Denton Independent School District.....	(940) 369-0000
Denton Public Library.....	(940) 349-8752
Department of Family Protective Services.....	(940) 387-8544
Fire Marshall/ Emergency Management.....	(940) 349-2840
Lewisville Chamber of Commerce.....	(972) 346-9571
Lewisville Public Library.....	(972) 219-3570
Mayor/ City Council of Denton.....	(940) 349-7717
North Central Texas College.....	(940) 498-6282
Texas Department of Public Safety.....	(940) 484-6666
Texas Housing Support Line.....	1-855-802-0014
Texas Woman's University.....	(940) 898-2000
United Way of Denton County, Inc.....	(940) 566-5851
University of North Texas.....	(940) 565-2000
United States Post Office.....	(940) 387-8555
Voters Registration.....	(940) 349-3200
<i>Police Departments *NOTICE: FOR ALL EMERGENCIES CALL 911</i>	
Argyle PD.....	940-464-7524
Aubrey PD.....	940-365-2601

Bartonville PD.....	940-349-1600
Carrollton PD.....	972-466-3290
The Colony PD.....	972-625-1887
Corinth PD.....	940-279-1500
Crossroads.....	940-349-1600
Denton PD.....	940-349-8181
Double Oak PD.....	972-355-5995
Flower Mound PD.....	972-539-0525
Frisco PD.....	972-292-6010
Highland Village PD.....	972-317-6551
Justin PD.....	940-648-2541
Krugerville PD.....	940-365-2029
Krum PD.....	940-482-3171
Lake Dallas PD.....	940-497-2228
Lewisville PD.....	972-219-3600
Little Elm PD.....	214-975-0460
Northlake PD.....	940-648-4804
Oak Point PD.....	972-294-0000
Pilot Point PD.....	940-686-2969
Plano PD.....	972-424-5678
Ponder PD.....	940-479-2015
Roanoke PD.....	817-491-6052
Sanger PD.....	940-458-7444
Trophy Club PD.....	682-237-2960
TWU Dept. of Public Safety.....	940-898-2911
UNT PD.....	940-563-3000
ANAD Eating Disorders Helpline.....	888-375-7767
Blackline.....	1-800-604-5841
Child Care Information Hotline.....	(800) 862-5252
CHILDREN Abuse Hotline.....	(800) 252-5400
Crisis Text Line.....	Text HOME to 741741
Denton County Senior Center (local).....	(940) 349-8720
Disaster Distress Helpline.....	(800) 985-5990
Elder-Care Locator.....	(800) 677-1116
Friendship Line.....	(800) 971-0016
Girls and Boys Town National Hotline.....	(800) 448-3000
Hope Peer Support Texas Warmline.....	844-755-4673
Immunization Hotline.....	(800) 252-9152
LASSA Texas Hotline.....	844-303-7233
Legal Hotline for Older Texans.....	(800) 622-2520

Lewisville Senior Center (local).....	(972) 219-3350
LGBT National Hotline.....	888-843-4564
LGBT National Senior Hotline.....	888-234-7243
LGBT National Youth Talkline.....	(800) 246-7743
Medicare General Information.....	(800) 633-4227
NAMI Helpline.....	(800) 950-6264
National Call Center for Homeless Veterans.....	1-877-424-3838
National Domestic Violence Hotline.....	(800) 799-7233
National Maternal Mental Health Hotline.....	1-833-852-6262
National Missing/Exploited Children.....	(800) 843-5678
National Runaway Switchboard.....	(800) 786-2929
National Sexual Assault Hotline.....	(800) 656-4673
National Suicide and Crisis Lifeline.....	988 or (800) 273-8255
Office of Attorney General Consumer Protection.....	(800) 252-8011
Postpartum Support International.....	(800) 944-4773
Safe Riders (Infant Car Seats) Hotline.....	(800) 252-8255
SAMHSA National Helpline.....	(800) 662-4357
SENIORS AARP (Texas).....	(866) 227-7443
SIDS Alliance.....	(800) 221-7437
Social Security Administration.....	(800) 772-1213
Suicide & Crisis Center of North Texas Hotline.....	(214) 828-1000
Texas Abuse Hotline.....	(800) 252-5400
Texas Health and Human Services Commission.....	(800) 458-9858
Texas Run Away Hotline.....	(800) 392-3352
Texas Youth Hotline.....	(800) 210-2278
The Trevor Lifeline.....	(866) 488-7386
Trans Lifeline.....	877-565-8860
Veteran Caregiver Support Line.....	1-855-260-3274
Veteran's Crisis Line.....	988 option #1
YOUTH Jason Foundation.....	(877) 778-2275

Resources for Families

American Pregnancy Association

Telephone: 800-672-2296

Address: 3007 Skyway Circle N. Suite 800 Irving, TX 75038

Website: www.americanpregnancy.org

Description: Provides referrals regarding pregnancy resources via the helpline. Referrals include phone numbers and information to pregnancy centers, medical testing, assistance with material goods, breast feeding resources, Medicaid assistance, birthing centers and midwives.

ARC of Denton County

Telephone: 972-436-8471

Address: PO Box 2471 Denton, TX 76202-1279

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

Description: Committed to empowering individuals with Intellectual/Developmental Disabilities, provides family support, public awareness, advocacy service, resources, and referrals.

Arms of Hope Denton Family Outreach Center

Telephone: 940-220-5062

Address: 101 Cardinal Dr Suite 3, Denton, TX 76209

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

Description: Assists children and single-mother families in need. Parenting and skills training, career training, counseling services, psychological testing, assistance with housing/rent, utilities, and grocery cost, case management, Residential Child Care Program, family outreach, resource referrals, and Right Start Program for first time expecting single mothers.

Attorney General (Child Support Division)

Telephone: 800-252-8014

Website: <https://www.texasattorneygeneral.gov/child-support>

Description: apply for child support/help with the legal process, paternity testing, special programs for families experiencing family violence or with a parent in the military.

Aubrey ISD Student Support

Telephone: 940-668-0060

Address: 415 Tisdell Lane | Aubrey, TX, 76227

Website: <https://www.aubreyisd.net/>

Description: Services for Aubrey ISD students include bullying prevention, child abuse resources, community resources, school counseling support by campus, dating violence resources, general education homebound services, family violence resources, foster care and student success resources, human trafficking resources, McKinney Vento homeless education/unaccompanied youth resources, parenting resources, student health advisory committee (SHAC), suicide prevention resources, and trauma-informed care.

Be an Angel

Telephone: 866-371-1428

Website: <https://beanangel.org/dfw/#dfwhelp>

Description: Respite care for parents or guardians of medically fragile children, personal adaptive equipment to children with special needs, Christmas gift program, supply hearing aids and devices to families who cannot afford them, or are not Medicaid/Insurance qualified, and build barrier free playgrounds.

Big Brothers Big Sisters

Telephone: 888-887-BIGS (2447)

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

Address: 306 N. Loop 288 Suite 107 Denton, TX 76209

Description: Provide children facing adversity with strong and enduring, professionally supported 1-to-1 mentoring relationships that change their lives for the better achieving higher aspirations, greater confidence and better relationships while also avoiding risky behaviors and achieving educational success.

Child Care Services of North Texas

Telephone: 940-382-5619 or 1-800-234-9306

Address: 1300 Teasley Ln. | Denton, TX 76205

Website: www.dfwjobs.com

Description: Provides state-funded childcare primarily to low-income families to work, train, or attend education programs. Children under 13 years and children up to 19 years with disabilities. Payment based on family's monthly income.

Child Care Subsidy

Telephone: 888-548-9675

Website: <https://www.twc.texas.gov/programs/child-care>

Description: Provides scholarships for childcare for low-income families, promoting long-term self-sufficiency by enabling parents to work or attend workforce training or education activities. Apply online.

Children's Advocacy Center for North Texas

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

Telephone: 972-317-2818 (Lewisville) 866-875-1015 (Denton)

Address: 1854 Cain Dr. Lewisville, TX 75077 and 306 N. Loop 288 Denton, TX 76209

Description: Provides forensic interviews of child abuse victims for law enforcement or CPS, assistance with filing Crime Victim Compensation Claims, forensic medical exams, and collaboration with other agencies. Counseling program offers individual, group, play therapy, court preparation, and court accompaniment. For any family dealing with child sexual or severe physical abuse that has already been reported.

Cloud 9 Charities (Bedtime Rescue)

Telephone: 469-964-1466

Address: 2221 Justin Rd. Suite 119-116 Flower Mound, TX 75028

Website: <https://cloud9charities.org/>

Description: Provides temporary shelter for homeless families in Denton County.

Denton County Day School

Telephone: 940-382-6485

Address: 1603 Paisley St. Denton, TX 76209

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

Description: Supports a diverse, multicultural population of pre-kindergarten children and their families in Denton County by providing quality, affordable childcare and early childhood education. Special emphasis and attention are placed on serving children from low to middle-income families.

Denton ISD Family Center

Telephone: 940-369-0539

Website: <https://sites.google.com/g.dentonisd.org/guidance-and-social-emotional-/the-family-center>

Description: Free counseling services for Denton ISD students, their families, and Denton ISD employees. Offered at 2 locations-Strickland Middle School and Braswell High School.

Denton County Juvenile Probation

Telephone: 940-349-2400

Address: 201 S. Woodrow Ln, Charlie J Cole Building, Denton, TX 76205

Website: <https://www.dentoncounty.gov/504/Juvenile-Probation>

Description: drugs and addiction, juvenile detention, admissions and services, programming, juvenile justice alternative education program, parents' guide.

Denton County WIC (Women, Infants and Children)

Telephone: 940) 349-2930 | (972)-221-1603 | (972)-445-1507

Address: 535 South Loop 288 Denton, TX 76205

Website: <https://www.dentoncounty.gov/873/Women-Infants-Children-WIC>

Description: Provides pregnant women, new mothers and young children with nutrition education and counseling, nutritious foods and help accessing health care for those individuals with low-income. Call for eligibility requirements.

Denton Public Library

Telephone: 940-349-8752

Website: <https://library.cityofdenton.com/>

Address: North Branch 3020 N. Locust St. Denton, TX 76209; South Branch 3228 Teasley Ln. Denton, TX 76210; and Emily Fowler Library 502 Oakland St. Denton, TX 76201

Description: Offers a variety of free activities and events including free tax preparation, reading programs, story time and toddler time, craft classes, summertime activities for children, Medicare information, book clubs, health and wellness events, and computer and print services for Denton residents.

Denton USPS (United States Postal Service)

Telephone: 940-387-8555 (Denton Office) or 800-275-8777 (general number)

Address: 101 E. McKinney St. Denton, TX 76201

Website: <https://tools.usps.com/locations/details/1360693>

Description: mailing services, pickup services, passport services.

DFPS (Texas Department of Family and Protective Services)

Telephone: 800-252-5400 to report abuse

Website: <https://www.dfps.texas.gov/>

Description: Report abuse, request a copy of DFPS records, services for youth in foster care, become a foster or adoptive parent, find your birth family, parenting tips.

DFPS Rainbow Room

Telephone: 940-387-8544

Website: <https://dentoncountycommunitypartners.com/the-rainbow-rooms>

Description: provides emergency and transitional resources including new clothing, shoes, diapers, lice kits, hygiene items and more to children entering foster care or kinship care.

Direction 61:3

Telephone: 214-544-9055

Address: 3286 County Rd. 168 McKinney, TX 75071

Website: <https://direction613.org/>

Description: Provides network of support for older foster and aged out youth ages 14-24, including foster homes and homes for extended care, a program in Denton for those who need support, but don't need housing, life skills training, mentorship, tutoring program, car program, education opportunities, financial guidance/assistance, and connection to resources.

Elevate North Texas Youth Shelter

Telephone: 214-531-0752

Website: <https://elevatentx.org/denton/>

Description: Partner with hotels in Denton and across North Texas to meet the immediate needs of youth experiencing homelessness, the only emergency shelter serving youth 18-24 years old in North Texas, also provides family reunification assistance.

Fire Marshall/Emergency Mngmt.

Telephone: 940-349-2840

Address: 3900 Morse St. 2nd Floor, Denton, TX 76208

Website: <https://www.dentoncounty.gov/210/Fire-Marshall>

Description: adoption and foster home inspections, burn ban and firework information.

Help Me Grow- North Texas

Telephone: 844-689-5437

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

Description: Connection with an experienced child development specialist, a Family Navigator, who can provide education, resources, and information on developmental screenings, and assist in linking families to community resources that meet their needs.

Journey to Dream

Telephone: 469-470-2382

Website: <https://www.journeytodream.com/>

Address: 579 N. Valley Parkway #200 Lewisville, TX 75067

Description: Homeless shelter for teens, school programs, and advocacy.

Junior Players

Telephone: 214-526-0114

Website: <https://www.juniorplayers.org/programs/programs/index.html>

Address: 2804 Swiss Ave. Dallas, TX 75204

Description: Non-profit providing high-quality arts education programming to the youth of North Texas at no cost to participants. Offer a range of summer theatre camps.

Lake Dallas ISD Counseling Services and Resources

Telephone: 940-497-4039

Address: 104 Swisher Rd. Lake Dallas, TX, 75065

Website: <https://www.ldisd.net/departments/curriculum-instruction/counseling>

Description: Counseling services for Lake Dallas ISD students and parents include essential community resources, a student welfare and crisis intervention guide, bullying resources, child abuse resources, dating violence resources, driving safety for teens resources, drug prevention resources, internet safety resources, an SOS signs of suicide prevention program, sexting resources, eating disorders resources, additional parent resources, and vaping resources.

Learn to Be

Website: <https://www.learntobe.org/enroll>

Description: Nonprofit bringing free, 1-on-1 online tutoring to kids from under resourced communities.

Lewisville ISD Counseling Services

Telephone: 972-350-4768

Address: 1565 W. Main St. Lewisville TX, 75067

Website: <https://www.lisd.net/counseling>

Description: Services for Lewisville ISD students and parents include academic planning, college, career, and military readiness, bullying and cyberbullying resources, child abuse resources, coping skills resources, digital parenting resources, goal setting resources, grief and loss resources, healthy relationships and teen dating violence resources, McKinney Vento resources, overcoming adversity resources, sexting resources, social and emotional development resources, substance abuse resources, suicide prevention resources, and trauma resources.

Little Elm ISD Parent and Community Resources

Telephone: 972-947-9340

Address: 400 Lobo Lane Little Elm, TX, 75068

Website: <https://www.littleelmsd.net/support-services/counseling-services/parent-community-resources>

Description: Services for Little Elm ISD students and parents include child and adolescent mental health resources, anti-bullying/harassment resources, community resources, and individual/small group counseling.

Lovepacs

Telephone: 469-421-0292

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

Description: Provides meals for students who would otherwise go hungry during school holidays. Aubrey serves students in Aubrey ISD, Denton 380 Corridor, and Pilot Point. Lewisville serves any school in the Lewisville High School, Marcus High School, and Flower Mound High School feeder pattern, Pre-K–12th grade, Lewisville Learning Center and the Support Center, Lake Dallas Elementary, Lake Dallas Middle, and Lake Dallas High Schools. Denton chapter will close 5/31/2025.

Masonic Children & Family Services of Texas

Telephone: 817-503-1500 or toll free 1-877-203-9111

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

Description: Provides funding assistance to ensure access to medical treatment/therapy, access to urgent dental care, and specialized therapies for children with special needs. Provides school supplies, tutoring programs, and educational support. Help with necessities for families facing financial hardship. Blue Slipper Program to help widows maintain independence by offering counseling services, financial assistance for essential needs, and referrals to resources.

My Texas Future

Website: <https://www.mytexasfuture.org/adult-college/>

Description: Tools, resources, advisor support, and source for information to help students plan, apply, and pay for college in Texas.

Navigate Life Texas

Website: <https://www.navigatelifetexas.org/en/transition-to-adulthood/housing-choices-for-young-adults-with-disabilities>

Description: Resources, education and assistance for families raising children with disabilities.

Northwest ISD Student Support Services

Telephone: 817-215-0000

Address: 2001 Texan Dr. Justin, TX 76247

Website: <https://www.nisdtx.org/departments/student-services>

Description: Services for Northwest ISD students, parents, and teachers include school counseling and mental health resources, and student services (student services provide services and support for At Risk, 504, RTI, McKinney-Vento (homeless), foster, pregnancy-related services, Family Involvement, Parents as Teachers, Homebound Services, Summer School, Student Handbook and Code of Conduct, AVID, Title IX and any additional identified federal or compensatory programs or support needs).

Opening Doors International Services

Telephone: 940-382-0096

Address: 2200 N. Bell Ave. Denton, TX 76209

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

Description: Providing humanitarian and expert legal immigration and naturalization services in a safe and supporting environment and is dedicated to serving clients regardless of financial limitations. Services include: Family Petitions/Residency, Naturalization/Citizenship, Deferred Action for Childhood Arrivals, Consular Processing, Advanced Parole, Asylum Consultations, Fiancé Visas, Travel Visas, Student Visas, Employment Visas, T-Visas for survivors of trafficking, U-Visas for Survivors of violent crime, Violence Against Women self-petitions, Renewal of Green Cards, Special Juvenile Immigrant Visas (Unaccompanied Minors,) Humanitarian Outreach & Missions to Central America, Human Trafficking education and outreach.

Pilot Point ISD Guidance and Counseling

Telephone: 940-686-8700

Address: 829 S. Harrison St. | Pilot Point, TX, 76258

Website: <https://www.pilotpointisd.com/>

Description: Services for Pilot Point ISD students and parents include a character education program, a bullying/safety tip line, a parent education series, academic advisement, counseling resources, parent resources, social emotional learning, a community resource list, and McKinney Vento (homeless) resources.

Ponder ISD Student Services

Telephone: 940-479-8200

Address: 400 West Bailey St. | Ponder, TX, 76259

Website: <https://www.ponderisd.net/Page/1>

Description: Services for Ponder ISD students and parents include student assessment resources, gifted and talented resources, resources for students with dyslexia, special education services, an English as a second language resource, health/nursing services, child nutrition resources, and a bullying and safety concerns resource.

Refuge for Women

Telephone: 940-202-9069

Address: 306 N. Loop 288 #199 Denton, TX 76209

Website: <https://refugeforwomen.org/north-texas/>

Description: Emergency housing, trauma informed care, resources, and support for survivors of human trafficking.

Sanger ISD Student Services

Telephone: 940-458-7438

Address: 601 Elm St. Sanger, TX, 76266

Website: www.sangerisd.net/

Description: Services for Sanger ISD students include health services, nutrition services, safety and security services, and homelessness (McKinney Vento) services.

Someone Cares Advocacy and Pregnancy Center of Lewisville

Telephone: 972-436-1981

Address: 609 S. Charles St. Lewisville, TX 75057

Website: <https://www.someonecaresfamily.com/>

Description: Pregnancy Test, Verification of Pregnancy with urine test, Earn as you Learn Program (if you attend classes you have access to baby resources such as baby clothes, baby food, diapers, car seats, beds), teen sexual education classes, prenatal care, referrals to obtain free sonograms. They help provide assistance in obtaining SNAPs, CHIPS, and Medicaid.

Studio 416

Telephone: 940-220-9844

Address: 721 S. Locust St. Denton, TX 76201

Website: <https://theartroomdenton.org/studio416>

Description: Program offered by The Art Room combining art and mindfulness practice especially created for adolescents, 9th through 12th grade. Nonprofit art studio offering art and mental health education for adolescents dealing with mental health problems.

Texas Benefits Center

Telephone: 866-912-1960

Website: <https://texasbenefits.center/>

Description: Provides free help for pregnant moms and families with children under 3 get the benefits assistance needed including applying for healthcare assistance, financial assistance programs, and connection with food assistance resources.

Texas DPS (Department of Public Safety)

Telephone: 940-484-6666 (Denton Office)

Address: 4020 E. McKinney St., Denton, TX 76208 (various other locations)

Website: <https://www.dps.texas.gov/>

Description: make online appointments for driver's time drivers licenses and renewals, handgun licensing, become a Texas State Trooper, crime records information.

Texas Scottish Rite Hospital for Children

Telephone: 214-559-5000

Address: 2222 Welborn St. Dallas, TX 75219

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

Description: One of the nation's leading pediatric centers for the treatment of orthopedic conditions, certain related neurological disorders and learning disorders, such as dyslexia. Admission is open to Texas children from birth to 18 years of age. Patients receive treatment regardless of the family's ability to pay.

United Way of Denton County, Inc.

Telephone: 940-566-5851

Address: 1314 Teasley Ln. Denton, TX 76205

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

Description: Mental health resources, free or reduced cost services, food pantry, inclement weather resources, income tax assistance, help updating your resume and interview skills, help for those experiencing homelessness.

UNT Child and Family Resource Clinic

Telephone: (940) 565-2066

Address: 1180 Union Circle Matthews Hall Annex Denton, TX 76203

Website: <https://coe.unt.edu/clinics-centers-and-projects/child-and-family-resource-clinic.html>

Description: Adult, adolescent, and couples counseling, play therapy, sand tray therapy, group counseling, psycho-educational assessments, and parent education. Cost of services based on income.

UNT Kristin Farmer Autism Center

Telephone: 940-369-5373

Address: 490 S. I-35E Denton, TX 76205

Website: <https://autism.unt.edu/>

Description: Offers evidence-based autism interventions, ABA treatment, vocational rehabilitation, counseling, and comprehensive autism evaluations for individuals with concerns related to Autism Spectrum Disorders between the ages of 12 months and 18 years.

UNT Trio Program/ Talent Search

Telephone: 940-565-2992

Address: 1155 Union Circle #310888 Denton, TX 76203

Website: <https://studentaffairs.unt.edu/trio/talent-search/index.html>

Description: Motivates and encourages students in grades 6th-12th to continue their education through high school into college. Provides counseling and assistance with the completion of all forms required for admission into post-secondary educational programs and for obtaining financial aid.

Way Alliance

Telephone: 940-442-3990

Address: 306 N. Loop 288 Suite 198 Denton, TX 76209

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

Description: Provides support for youth ages 14-24 transitioning from foster care to independence including mentorship, connection with resources, life skills education, and recreational and social events.

Woman to Woman Pregnancy Resource Center

Telephone: (940) 383-4494

Address: 512 North Locust Street Denton, TX 76201

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

Description: Free pregnancy verification, limited ultrasound scans, parenting and childbirth classes, STI testing and treatment, and post-abortion counseling. Access to on-site RN and referral.

29 Acres

Telephone: 469-216-8038

Address: 3000 Moseley Rd. Cross Roads, TX 76227

Website: <https://29acres.org/>

Description: Support services, employment services, and safe housing for young adults with autism and other neurodiversity in North Texas as they age out of the school system.

Child Care Information Hotline

Telephone: 800-862-5252

Description: Call for childcare information in Texas.

First Candle (SIDS Alliance)

Telephone: 800-221-7437

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

Description: Offers training and education to end preventable stillbirths and sleep related infant deaths; sleep education campaigns for parents, grandparents, and providers; bereavement counseling, and peer support for families who have lost a baby.

Girls & Boys Town National Hotline

Telephone: 800-448-3000 or text VOICE to 20121

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

Description: Crisis and resource referral services. Specialize in family reunification of runaways and homeless adolescents ages 11-17. Counseling over the phone and online. Placement and long-term residential care. Bilingual. The website is aimed at teens and provides tips and information regarding depression, anxiety, depression, self-injury and more.

Immunization Hotline

Telephone: 800-252-9152

Website: <https://www.dshs.texas.gov/immunizations/contact>

Description: Vaccinations for children, to request a copy of immunization records, to find a provider that helps uninsured adults in Texas get vaccinated at no cost (Adult Safety Net Program), and vaccine safety information.

Jason Foundation

Telephone: 888-881-2323 or text JASON to 741741

Website: <https://jasonfoundation.com/>

Description: Dedicated to preventing youth suicide through educational and awareness programs. Includes information about warning signs, risk factors, and curriculum programs for youth and adults.

LGBT National Youth Talkline

Telephone: 800-246-7743

Website: <https://lgbthotline.org/youth-talkline/>

Description: Hours of hotline are Monday-Friday 1pm-10pm and Saturdays 11am-4pm CST. Confidential safe space serving youth up to age 25 with peer counseling, support, information and local resources.

National Maternal Mental Health Hotline

Telephone: 1-833-TLC-MAMA (1-833-852-6262)

Website: <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>

Description: Free, confidential, 24/7 hotline in English and Spanish answered by professional counselors for moms and their families, before, during, and after pregnancy.

National Missing/Exploited Children

Telephone: 800-843-5678

Website: <https://www.missingkids.org/gethelpnow>

Description: Search for missing children, victim and family support, Cyber Tipline, remove your explicit content, child sexual abuse material resources.

National Runaway Switchboard

Telephone: 800-786-2929

Website: <https://www.1800runaway.org/>

Description: Help for teens and young adults (up to age 21) enduring abuse at home, living on the street, having difficulty finding resources such as shelters or food pantries, or getting ready to go home and unable to get there.

National Sexual Assault Hotline

Telephone: 800-656-4673

Website: <https://rainn.org/resources>

Description: Crisis support services for those who have experienced sexual assault and harassment. Website includes online chats for male survivors, a national street harassment hotline, and a hotline for service members. Domestic and dating violence, and national human trafficking hotline and chat.

Postpartum Support International

Telephone: 1-800-944-4773 (Select #1 Spanish #2 English)

Website: <https://postpartum.net/>

Description: Provides support, advocacy, education, free chat with experts, online support groups, and helpline that refers callers to local resources.

Safe Riders (Infant Car Seats) Hotline

Telephone: 800-252-8255

Website: <https://www.dshs.texas.gov/injury-prevention/safe-riders/child-safety-seat-distribution>

Description: Car seats for newborns to 8 years old, infant safe sleeping classes and kits, booster seats for older children, information about car seat safety and installation for low-income families.

Texas Abuse Hotline

Telephone: 800-252-5400

Website: https://www.dfps.texas.gov/contact_us/report_abuse.asp

Description: Call or use the online link to report suspected child abuse and neglect; abuse, neglect, self-neglect, and exploitation of the elderly or adults with disabilities living at home; abuse of children in childcare facilities or treatment centers, abuse of adults and children who live in state facilities or are being helped by program for people with mental illness or intellectual disabilities.

Texas Youth Hotline

Telephone: call or text 800-989-6884

Website: <https://www.dfps.texas.gov/youth-helpline/>

Description: free services for youths and their families in crisis who need help finding a counselor, safe shelter, legal information, or just someone to talk to. Free messaging and rides home for runaway youth.

The Trevor Lifeline

Telephone: 866-488-7386 or text START to 678678

Website: <https://www.thetrevorproject.org/get-help/>

Description: Trained counselors available 24 hours a day by phone, text, or online chat to support LGBTQ+ young people. Also has calming exercises to relax, an international community of LGBTQ+ young people ages 13-24 called Trevor Space, and other information about LGBTQ topics.

Resources for Seniors

AARP (Texas)

Telephone: 866-227-7443 (Texas state office) or 888-687-2277 (nationwide)

Address: 8140 Walnut Hill Ln. Ste 108, Dallas, TX 75231

Website: <https://states.aarp.org/texas/>

Description: AARP is dedicated to enhancing quality of life for seniors. Membership provides discounts on restaurants, healthcare savings, technology assistance, travel benefits, financial services, legal services, and more.

Age of Central Texas

Telephone: 512-451-4611

Website: <https://ageofcentraltx.org/index.php/caregivers/>

Description: Supports older adults and family caregivers through free information and resource navigation, and virtual support groups.

American Legion Senior Center

Telephone: 940-349-8298

Address: 629 Lakey St. Denton, TX 76205

Website: <https://www.cityofdenton.com/facilities/facility/details/American-Legion-Hall-Senior-Center-61>

Description: Provides recreational, physical, and educational programs for people over 50 years of age. Some of the programs offered include help with filling out Medicare papers, dance classes, exercise classes, and health checks twice a month. Hot meals every day, \$2.00 for members and \$3.00 for non-members.

Boomer Benefits

Telephone: 817-249-8600

Website: <https://boomerbenefits.com/>

Description: Free consultation, resources, and education about Medicare.

Denton County Senior Center

Telephone: 940-349-8720

Address: 509 N. Bell Ave, Denton, TX 76201

Website: <https://www.cityofdenton.com/facilities/facility/details/Denton-Senior-Center-60>

Description: Serves as a gathering place for adults aged 50 and older. State of the art fitness room, woodshop, game room, library, multipurpose rooms, and Aletha's Craft Store. Hosts monthly social activities, seminars, trips, and special events.

Elder-Care Locator

Telephone: 800-677-1116 (call or text)

Website: <https://eldercare.usaging.org/>

Description: Connects older adults and their families to services including housing, elder rights, insurance and benefits, health, transportation, and other support services.

Friendship Line

Telephone: 888-670-1360 or 1-800-971-0016 (toll free)

Website: <https://www.ioaging.org/mental-illness/ioas-friendship-line-offers-support-for-seniors-experiencing-social-isolation/>

Description: National warmline offers support for seniors feeling socially isolated. Signature program of Institute on Aging's Center for Elderly Suicide Prevention and Grief-Related Services and is accredited by the American Association of Suicidology. Specialized support for adults aged 60 and older, adults with disabilities, and their caregivers. Emotional support in English, Spanish, Cantonese, Mandarin, Tagalog, Vietnamese and Korean.

Grand Love

Telephone: 469-224-3355

Website: <https://grand-love.com/grand-love>

Description: Offers assistance to grandparents who are raising their grandchild/children on a low fixed income.

Hearts for Homes

Telephone: 940-891-0947

Address: 826 East McKinney St. Denton, TX 76209

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

Description: No-cost home rehabilitation, repairs, and maintenance for low-income seniors aged 60 and older in Denton County.

Home Instead

Telephone: 972-318-4697

Address: 829 N. Locust St. Denton, TX 76201

Website: <https://www.homeinstead.com/>

Description: Professional caregivers provide non-medical companionship care in the client's home. Services range from simple companionship and stimulation to light housekeeping, meal preparation, errands, incidental transportation, dementia care, assistance with bathing, grooming, dressing, incontinence care, feeding, and medication reminders, licensed as a personal assistance service by the state of Texas.

Legal Hotline for Older Texans

Telephone: 800-622-2520 option 3

Website: <https://www.tlsc.org/seniors>

Description: Senior care, retirement, and estate planning. Offering support, education, and guidance for legal matters that affect us later in life. Must be 60 or older to receive advice on estate planning or consumer issues. All callers may receive advice on Medicaid, Medicare, and long-term care.

Lewisville Thrive

Telephone: 469-635-5300

Address: 1950 S. Valley Parkway, Lewisville, TX 75067

Website: <https://www.lewisvillethrive.com/activities/active-adults-60>

Description: Multigenerational activity center. Active adult (60+) programming includes billiards, Pickleball, Pinochle, Bingo, Mah Jongh, Bunco, Needlework, and Mexican Train. See websites for schedule and special events.

LGBT National Senior Hotline

Telephone: 888-234-7243

Website: <https://lgbthotline.org/senior-hotline/>

Description: Provides a confidential safe space, peer support, information, and local resources anywhere in the U.S. Hotline hours are Monday-Friday 1-10pm, Saturdays 11am-4pm.

Medicare General Information

Telephone: 800-633-4227

Website: <https://www.medicare.gov/>

Description: Help from Medicare is available 24 hours a day, 7 days a week.

Metroport Meals on Wheels

Telephone: 817-491-1141

Address: 428 US-377 Roanoke, TX 76262

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

Description: Home delivered meals to Seniors, Senior Center meals, Stockings for Seniors, Winter Meals, Staples for Seniors, Nutritional Supplements, Comfort Calls for those that live in Southern Denton County including Argyle, Bartonville, Flower Mound, Highland Village, Justn, Lantana, Copper Canyon, Double Oak, Northlake, Roanoke and Trophy Club.

North Central Texas Aging & Disability Resource Center

Telephone: 1-855-937-2372

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

Description: Respite care for family caregivers, help filling out Medicaid applications, referrals to programs that help with meals, rides, bills, in-home services, and other needs.

North Central Texas Area Agency on Aging

Telephone: 1-800-272-3921

Website: <https://www.nctcog.org/aging-services>

Description: Free education, "Taking Control of Your Health" workshops and classes, counseling for depression and loss, Care Coordination Program, Caregiver Support Program, benefits counseling, respite care, Long-term Care Ombudsman, nursing home relocation, home delivered meals, congregate meals and transportation, dementia friendly care and resources.

Office of Attorney General Consumer Protection

Telephone: 800-252-8011

Address: PO Box 12548, Austin, TX 78711-2548

Website: <https://www.texasattorneygeneral.gov/consumer-protection>

Description: Get help and report identity theft, financial and insurance scams, automotive scams, internet and email scams, student and education scams, seniors and the elderly, charitable trusts, phone and mail scams, disaster and emergency scams, and home or real estate and travel scams.

Pilot Point Senior Center

Telephone: 940-686-5004

Address: 310 S Washington St, Pilot Point, TX 76258

Website: <https://www.pilotpointtx.gov/175/Community-Center>

Description: Provides physical fitness program, educational and recreational activities, health and social services and noon meals through the cooperative efforts of SPAN and various community organizations. Contributions requested but not required. Advance reservations necessary for meal services.

Social Security Administration

Telephone: 888-717-1530 (Denton office) 800-772-1213 (nationwide)

Address: 2201 Colorado Blvd, Denton, TX 76205

Website: <https://www.ssa.gov/>

Description: Apply for benefits, sign up for Medicare, apply for SSI disability, plan for retirement, replace a lost social security card, report a stolen number, change your name, or update your contact information.

SPAN Denton County (Special Programs for Aging Needs)

Telephone: 940-382-1900 (transportation) 940-382-2224 (main office/meals on wheels)

Address: 1800 Malone St. Denton, TX 76201

Website: <https://span-transit.org/>

Description: Provides transportation and home-delivered meals to homebound and disabled citizens. Transportation services include non-emergency medical trips, shopping, recreation, business, education, employment, Senior Centers, and DFW Veterans Clinics for Veterans.

Texas Health & Human Services

Telephone: 800-458-9858

Website: <https://www.hhs.texas.gov/>

Description: Services include aging, disability, disaster assistance, financial, food, health, mental health & substance abuse, questions about your benefits, safety, and your rights.

The Colony Senior Center

Telephone: (972) 624-2246

Address: 5151 N. Colony Blvd. | The Colony, TX 75056

Website: <https://www.thecolonytx.gov/1239/Parks-Recreation>

Description: Provides recreational, physical and educational programs for anyone over the age of 50 and their spouses regardless of age.

Counseling Resources

ACH Child and Family Services

Address: 3712 Wichita St. Fort Worth, TX 76119

Telephone: 817-335-4673

Website <https://achservices.org/>

Description: Free counseling program for children 17 and under; offers family therapy.

Acorn Counseling Education Services

Website: <https://acorncounseling.services/>

Telephone: 940-222-8703

Description: Offers Christian faith-based counseling for families, children, and adults.

Assura Source

Website: <https://www.assurasource.com/>

Telephone: 972-233-1010

Description: Offers telehealth and home-visit mental health therapy to Texans in the Dallas-Fort Worth area. Accepts Medicare, Medicaid, and private insurance.

Behavioral Innovations

Telephone: 855-782-7822

Address: 2532 Lillian Miller Pkwy. Denton, TX, 76205

Website: <https://behavioral-innovations.com/>

Description: Provides ABA therapy, social skills training, and autism evaluations. Accepts Medicaid.

CCD Counseling

Telephone: 940-382-5328 or 972-353-9404 or 1-800-897-7068

Address: 1512 Scripture St. Denton, TX, 76201

Website: <https://www.ccdcounseling.com/>

Description: Intensive outpatient counseling, assessments, workshops & classes on divorce sanity, theft intervention, bullying intervention, and free family counseling.

Child & Family Guidance Center

Telephone: 214-351-3490 or 1-866-695-3794

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

Description: Clinical assessments, individual counseling, case management, psychiatric evaluation/med mngmt., community-based rehabilitative and skills training; family & community education program. **Sliding fee scale or insurance.

Chrysalis Eating Disorder Program

Telephone: 940-382-5688

Address: 722 W. Oak St. Denton, TX 76201

Website: <https://www.chrysaliseatingdisorders.com/>

Description: Offers individual therapy, family therapy, intensive outpatient program, and nutritional services. Flexible payment plans available.

Cook Children's Psychology (Denton)

Telephone: (940) 484-4311 (local) 682-885-3917 (intake department)

Address: 3304 Colorado Blvd #102 Denton, TX 76210

Website: <https://www.cookchildrens.org/services/behavioral-health/contact-us/psychology-denton/>

Description: Therapy and medication management for children 2-18 years old. May have a waitlist. Accepts most insurance including Medicaid/CHIP.

Cumberland Youth and Family Services (formerly Cumberland Presbyterian Children's Home)

Telephone: 940-382-5112

Address: 909 Greenlee St. Denton, TX, 76201

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

Description: training and guidance for foster parents, counseling appointments for \$5 for those in need, residential treatment services and shelter support for children, supervised independent living, family residential program.

Denton County Friends of the Family

Telephone: (940)-387-5131 Crisis: (940)-382-7273

Address: 4845 South I-35 Suite 200 Corinth, TX, 76210

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

Description: Group and individual counseling for child, adolescent, and adult survivors of assault, sex abused, etc. Emergency shelter, transitional housing, and legal aid for victims of domestic violence.

Eating Recovery Center of Dallas/Plano

Telephone: (469) 613-1722 (local clinic) or (866) 348-6812 (Eating Recovery Center nationwide)

Address: 5120 Legacy Dr., Plano, TX 75024

Website: <https://tinyurl.com/Eating-Recovery-Center>

Description: Treatment for adults, children and adolescents for eating disorders, anorexia, atypical anorexia, bulimia, compulsive overeating, ARFID, OSFED, and orthorexia. Treatment options include residential care, partial hospitalization, and on-site intensive outpatient treatment.

Family Tree Counseling (Through CCD Counseling Office)

Telephone: (940) 387-7517/ (888) 837-0666

Address: 326 South Edmonds Lane Suite 103 Lewisville, TX 75067

1614 Scripture Street Suite 200 Denton, TX 76201

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

Description: Provides family counseling at no cost to families in Denton and Dallas Counties. Administered by CCD Counseling PA, The Family Tree Program provides family counseling to families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief, and general family struggles.

Grace Counseling

Telephone: 1 (800) 972-0643

Address: 105 Kathryn Drive Building 3 Suite D Lewisville, TX 75067

Website: <https://www.grace-counseling.com/>

Description: Individual, couples, family and group therapy. Addiction counseling and relapse prevention, intensive outpatient program and caregiver family therapy.

Hope Peer Support Texas Warmline

Telephone: 844-755-4673 (press #1 English and #2 Spanish)

Description: Hours of warmline are Monday-Wednesday 12pm-10pm, Thursday 6pm-10pm, and Fridays 12pm-6pm CST. Peer-run phone line offers callers confidential and non-judgmental emotional support and staffed by volunteers who have lived experience. Providing empathetic listening, self-directed exploration of possible solutions and alternatives, support, and connection to resources for individuals who may be experiencing distress or loneliness.

Highland Village Counseling

Address: 2570 Justin Road, Suite 202 Highland Village, TX 75077

Telephone: (940)-222-2214

Description: Has one clinician (Twyla Axelson LPC-A) that accepts sliding scale, EMDR Trained works with First Responders, eating disorders sees 14 and up. Sometimes they have interns that are able to offer lower rates.

Ichange Counseling and Psychology

Telephone: 940-448-0304

Address: 1400 N. Corinth St. Ste 109, Corinth, TX 76208

Website: <https://ichangetx.com/>

Description: Counseling, coaching, testing, and psychiatric services for children, adolescents, and adults. Accepts Blue Cross/Blue Shield.

Joyful Restoration Wellness

Address: 2214 Emery St. Suite 530 Denton, TX 76201

Telephone: 940-239-3575

Website: <https://www.joyfulrestorationwellness.com/>

Description: Offers individual, couples, and family counseling, addictions therapy, nutrition counseling, EMDR, play therapy, and support groups. Provides a financial assistance policy and reduced fee for Master Level Student Counselor.

Lewisville Counseling Services

Telephone: 469-645-1375

Address: 751 Hebron Parkway Suite 305B Lewisville, TX 75067

Website: <https://lewisvillecounselingservices.com/>

Description: Individual, couples, marriage, LGBT, youth, and grief counseling as well as assistance with life's transitions.

LifeSmart Therapy Institute

Telephone: Dallas: (214) 941-1650 Richardson: (972) 234-9000

Address: 1005 West Jefferson Boulevard Suite 205 Dallas, TX 75208

Website: <https://lifesmarttherapy.com/>

Description: Psychological evaluations and assessments, individual, couple, family and group therapy, anger management, substance abuse evaluations and counseling, and kinship assessments.

LifeStance

Address: 303 N Carroll Blvd, STE 114, Denton, TX 76201

Telephone: 844-824-8775

Website: https://lifestance.com/location/denton-tx-303-n-carroll-blvd/?utm_source=gmb&utm_medium=organic&utm_campaign=locations

Description: Accepts most major insurance including Tri Care. Offers counseling services.

LiveWell Counseling of Denton

Telephone: 940-260-0011

Address: 1421 N. Elm St. Suite 103 Denton, TX 76201

Website: <https://www.livewellcounselingdenton.com/>

Description: Offers individual therapy, EMDR, and Walk and Talk therapy. Offers sliding scale and reduced rates with pre-licensed therapist.

Lotus Counseling & Psychological Services, LLC

Address: 3605 Yucca Drive, Suite 202, Flower Mound, Texas 75028

Telephone: (569)-431-5616

Website: <https://www.lotus-counseling.com/>

Description: Offers counseling services and offers a Sliding Scale.

Mary Orndorff

Telephone: (817) 988-2565

Address: 951 W. Pipeline, Suite 101
Hurst, Texas 76053

Website: <http://www.mary-orndorff.com/biography.htm>

Description: Family, individual, marital, play, and group therapy, hypnotherapy and therapy for eating disorders. Has worked with eating disorder issues for more than 20 years.

Neighbors Counseling

Telephone: 940-239-3908

Address: 821 N. Elm St. Denton, TX 76201

Website: <https://www.neighborscounseling.com/>

Description: Individual therapy, support groups, skills training. Offer a range of rates based on income and other factors, also accept many forms of insurance to help cover the cost of treatment, and reduced rates with student interns.

New Hope Equine Assisted Therapy

Telephone: 817-729-5315

Address: 6151 FM 1830 Argyle, TX 76226

Website: <https://newhopeequine.com/>

Description: Provides therapeutic horseback riding services for people with a wide variety of disabilities.

Next Steps

Telephone: 972-445-7770

Address: 4431 Augusta St. The Colony, TX 75056

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

Description: Organization that helps people in The Colony, Texas who are in crisis or who need coaching and resources to avoid a crisis. Case management services are by appointment only and address needs related to housing, substance abuse, family issues, employment coaching, mental health, transportation and documentation.

Open Door Counseling and Assessment

Telephone: 940-565-0939

Address: 103 South Woodrow Lane Suite 5 Denton, TX 76205

Website: <https://opendoortexas.com/>

Description: Trauma-focused cognitive-behavioral therapy, post-traumatic stress disorder therapy, general counseling, adult and adolescent sexual behavior problem services, and parenting services.

RAD- Rise Above the Disorder

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

Description: Helps individuals find a therapist and for those unable to afford mental health care will cover the cost with unlimited sessions with a licensed professional covered by donations.

Ranch Hands Rescue

Telephone: 940-240-0500

Address: 9477 Fort Worth Dr. Denton, TX 76226

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

Description: Animal sanctuary and counseling center made available to all regardless of ability to pay. Provides Equine and Animal Assisted Counseling (EAAC) along with EMDR, Veterans Program, trauma informed counseling.

Bob's House of Hope (in partnership with Ranch Hands Rescue)

Telephone: 940-240-0500 or 940-228-2742 (Survivor Advocate Line)

Address: PO Box 568 Justin, TX 76247

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

Description: Help for young men aged 18-24 who are in need of help and healing from sex trafficking.

Steady Heart Counseling

Telephone: 940-205-4027

Address: 303 N. Carroll Blvd. Suite 120 Denton, TX 76201

Website: <https://steadyheartcounseling.com/>

Description: Individual, family, marriage, EMDR, and play therapy. Offers in-person and teletherapy, sliding scale fee based upon gross family income, family size, and qualifications of therapist.

The Center of Integrative Counseling and Psychology (formerly Pastoral Counseling Center)

Telephone: (214) 526-4525

Address: 4305 MacArthur Ave. Dallas, TX 75209

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

Description: Faith based on individual, couple and family counseling for people of all spiritual and cultural backgrounds. Services for children, teens, adults, and couples. Testing and assessment services.

Suicide and Crisis Center of North Texas

Telephone: 24-Hr Crisis Hotline: (214) 828-1000 or text CONNECT to 741741

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

Description: Crisis intervention training, survivors of suicide support group, awareness training and mental health screenings.

Taylor Counseling Group

Address: 870 S. Denton Tap Rd. Suite 150 Coppell, TX 75019

Telephone: 214-530-0021

Website: <https://taylorcounselinggroup.com/>

Description: Individual counseling, couples counseling, family counseling, play therapy, online therapy, trauma recovery, traumatic brain injury, CPT, grief and loss recovery, faith-based counseling, ADHD treatment. Offer an income-based affordable care program.

Terrell Counseling Services

Telephone: (940) 387-3450

Address: 4222 N. I-35 Frontage Rd. Denton, TX 76207

Website: <https://www.terrellcounseling.com/>

Description: Individual, adolescent and adult counseling, couples and family counseling, play therapy, anger management, life skills, theft prevention and diversion, psychological assessments, and chemical dependency education. Accepts most insurance plans.

The Warm Place

Telephone: 817-870-2272

Address: 809 Lipscomb Street Fort Worth, TX 76104

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

Description: Grief support at no cost for children ages 3 ½ - 18 years of age and their families as well as young adults 19 - 25 who have experienced the death of a loved one.

TWU Counseling and Family Therapy Clinic

Telephone: 940-898-2600

Address: Woodcock Hall, 1202 Old Main Circle Room 114, Denton, TX 76201

Website: <https://twu.edu/counseling-family-therapy-clinic/>

Description: Sliding scale counseling (\$10-\$70 per session depending on income) for families, couples, groups, and individuals, both adults and children. In person and telehealth offered.

United Through H.O.P.E

Telephone: (866) 857-7751

Address: 503 Bolivar Street Denton, TX 76201

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

Description: Counseling, play therapy, community-based ABA and skills training, family therapy, life coaching. Behavioral consultations and assistance with IEP/ARD/504 meetings.

UNT Counseling and Human Development Center

Telephone: 940-565-2970

Address: Welch St. Complex #2 425 S. Welch St. Denton, TX 76203

Website: <https://coe.unt.edu/clinics-centers-and-projects/counseling-and-human-development.html>

Description: Provides counseling for North Texas residents. Counseling includes individuals (adult and adolescent), couples, marriage, family and play therapy for children, and career counseling. Fees based on sliding scale.

UNT Psychology Clinic

Telephone: (940) 565-2631

Address: Terrill Hall Room 171 1611 West Mulberry Denton, TX 76201

Website: <https://psychology.unt.edu/clinics-and-centers/psychology-clinic/index.html>

Description: Individual, marriage, family, group and play therapy. Intellectual, vocational, personality and neuropsychological evaluations are also offered. There is a waitlist for services. Sliding scale fees.

UT Southwestern Family Studies Center

Telephone: (214) 645-8300

Address: 8194 Walnut Hill Ln Professional Building 5, Suite 100, Dallas, TX 75231

Website: <https://utswmed.org/locations/texas-health-dallas/family-medicine-texas-health-dallas/family-studies-center/>

Description: \$20 per session. Therapy for individuals, couples, and families including for child and adolescent problems, marital/partner issues, blended family troubles, multigenerational concerns, depression, anxiety, grief, stress, and medical illnesses.

Vann Wellness Group - Lori Vann, M.A., LLC, LPC Supervisor

Telephone: 972-315-5052

Address: 275 S. Denton Tap Rd. Ste 101, Coppell, TX 75019

Website: <https://vannwellness.com/>

Description: Individual (4 years and above), premarital, family, and Christian based counseling. Reduced fee counseling provided by interns. Group therapy, self-injury support and therapy groups are also available.

Vibrant Journey Counseling, PLLC

Address: Telehealth (online) services to the state of Texas. Mailing Address: 2701 W. Irving Blvd. #155071 Irving, TX 75061

Telephone: 940-202-9009

Website: <https://vibrantjourneycounseling.com/>

Description: Individual and group counseling, mindfulness-based counseling, EMDR, child & adolescent counseling, LGBTQIA+, and trauma counseling. Student interns offer lower rates.

Victory Center

Telephone: 682-831-1323

Address: 10600 Dunham Rd. Roanoke, TX 76262

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

Description: Provides therapeutic riding, physical therapy, and counseling services by utilizing relationships that our clients form with horses. Our services provide the opportunity for improved quality of life for individuals of all life stages and a variety of physical and emotional needs.

General Community Resources

Argyle Food Bank

Telephone: (940) 464-7224

Address: (First Baptist Church) 414 U.S. 377, Argyle, TX 76226

Website: <https://www.fbcargyle.org/foodbank>

Description: Food from 9am-11:45am on Mondays only. Closed on holidays. Clients can call ahead and place an order that will be ready for them and delivered to their vehicle.

Asbury Methodist Church Relief Ministry

Telephone: (940) 387-6487

Address: 117 Hercules Lane Denton, TX 76207 (use the rear entrance on the right)

Website: <https://www.asburydenton.org/resources/asbury-relief-ministry/>

Description: Food Pantry Hours: First Monday: 6:00PM to 7:30PM; Second Monday: 10:00AM to 12:00PM (Noon); Third Monday: 6:00 PM to 7:30PM; Fourth Monday 10:00AM to 12:00PM (Noon); Fifth Monday's CLOSED

Autocare Haven

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

Description: Charitable organization that purchases parts and pays experienced mechanics to conduct free vehicle repairs for veterans, senior citizens, single parents, and low-income households in the Dallas/Fort Worth Metroplex.

Camp Summit

Telephone: 972-484-8900

Address: 17210 Campbell Blvd., Ste. 180W | Dallas, TX 75252

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

Description: Year-round residential camping program for children and adults with disabilities. Campers may have developmental delays, physical challenges or multiple disabilities. Traditional camp environment with swimming, arts & crafts, nature study, horseback riding, challenge courses. Adapt all activities to the needs of campers. No upper age limit for adults. Offers sliding scale and scholarships.

Catholic Charities of Dallas

Telephone: (866)223-7500

Address: 1421 W Mockingbird Ln. Dallas, TX 75247

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

Description: Children's services, community health clinic, disaster relief, educational services, homelessness and housing, food pantry, and immigration legal services.

Catholic Charities Fort Worth

Telephone: (817) 534-0814

Address: 249 West Thornhill Drive Fort Worth, TX 76115

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

Description: Community assistance, refugee and immigration services, pregnancy and parenting support, transportation services, financial coaching, dental care, and employment assistance.

Charity Cars

Telephone: 1-800-242-7489

Website: <https://800charitycars.org/who-can-apply/>

Description: Non-profit organization with mission to provide free donated vehicles to assist struggling families in their transition from dependency to self-sufficiency.

Christian Community Action (CCA) Special Programs

Telephone: (972) 221-1224

Address: 200 South Mill Street
Lewisville, TX 75057

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

Description: Family assistive services help obtain food, clothing, housing and/or assistance to pay bills. Services offered include the food pantry, life skill program, spiritual care, Kids Eat Free summer program, holiday and back to school program, transportation vouchers to medical appointments, GED program, ESL classes, job search, computer skills, financial management, literacy class and counseling.

Chuck Box Food Pantry- Denton County Cowboy Church

Telephone: 940-479-2043

Address: 400 Robinson Rd. Ponder, TX 76259

Website: <https://www.d3c.church/chuckbox>

Description: Food pantry every 2nd and 4th Thursday 3:30-5pm.

Community Clothes Closet

Telephone: 817-291-8872

Address: 117W. 6th St. Justin, TX 76247

Website: <https://www.communityclothescloset.net/>

Description: Provides assistance to families with free clothing in Denton and surrounding counties for everyday life, to wear to school and a job interview at no cost. By appointment only.

Community Services, Inc.

Telephone: (903)872-2401

Address: 302 Hospital Dr. Corsicana, TX 75110

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

Description: Education assistance including help paying for vocational training, tuition, and book fees for college classes. Meals on Wheels that provides hot home delivered meals. Transportation services.

Core Gives

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

Description: Grant provides financial assistance to help food and beverage operations employees with children when the employee, their spouse/domestic partner, or their child is faced with a life-altering health crisis, injury, death, or natural disaster. Each grant is crafted to fit the family's needs and can be used for paying rent/utilities, medical bills, transportation, therapies, expensive over the counter medicine, medical travel expenses, funeral needs, groceries, clothing, and other essentials.

Dash Kit Program

Telephone: 240-816-0570

Website: <https://isupportthegirls.org/programs/ash-kits/dash/>

Description: Provides care packages delivered directly to someone fleeing abuse. These kits contain menstrual products, new underwear, new bras, special toiletry items, a bag to hold all items, and a resource card.

Dayforce Cares Grant (previously Ceridian Cares Grant)

Website: <https://www.dayforcecares.com/>

Description: Helps people get access to basic needs like food, clothing, and essential household items, also help people pay for products and services that contribute to their well-being, like medical and mobility support.

Denton Affordable Housing Corporation

Telephone: 940-484-7048

Address: 306 N. Loop 288 Suite 124 Denton, TX 76209

Website: <https://dentonaffordablehousing.com/>

Description: Develops and manages affordable housing units throughout Denton. Search for available properties and steps for applying on website.

Denton Community Food Center

Telephone: (940)382-0807

Address: 306 N. Loop 288 #400 Denton, TX 76209

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

Description: Food assistance Mondays and Wednesday from 10:30-12:15 by appointment only.

Denton County Transportation Authority

Telephone: 940-243-0077

Address: 604 East Hickory St. Denton, TX 76205

Website: <https://www.dcta.net/>

Description: Information on local Bus Service, A-Train, Go Zone, and Access Paratransit transportation including how to ride, fares and passes, and maps and schedules.

Denton Freedom House

Telephone: 940-565-5990 (Main office) 940-808-1016 (Food pantry)

Address: 3083 Trails End Aubrey, TX 76227 (main office)

1720 W. University Suite 101 Denton, TX 76201 (food pantry, next door to Subway)

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

Description: Women's and Men's Program for Christian Recovery from addiction. Food pantry Monday-Thursday 9:30am-4pm and Friday 8:30am-2pm.

Denton Homeowner Repair Assistance

Telephone: 940-349-7726

Address: 401 N. Elm St. Denton, TX 76201

Website: <https://www.cityofdenton.com/178/Homeowner-Repair-Assistance>

Description: Homeowners in Denton who meet yearly gross household income limits may be eligible for assistance with home repairs needed to make their home accessible, safe, sanitary, or habitable. Provides assistance to low- and moderate-income homeowners living within Denton city limits who cannot afford to complete major and minor repairs that, if left unattended, would jeopardize the health and safety of occupants.

Denton Housing Authority

Telephone: 940-383-1504

Address: 1225 Wilson St. Denton, TX 76205

Website: <https://dentonhousingauthority.com/>

Description: Provides quality affordable housing and programs that foster economic independence to enhance the lives of clients.

Easterseals- North Texas

Telephone: 972-394-8900 or 888-617-7171

Address: 6900 Anderson Blvd. Suite 104 Fort Worth, TX 76120

Website: <https://www.easterseals.com/northtexas/>

Description: Provides services to help children and adults with disabilities and/or special needs as well as support to their families. Services include employment program, Veteran's program, recreation, outpatient rehabilitation, autism spectrum disorder services, Child Development Center, case management, therapists, and job coaches.

Families to Freedom

Telephone: 972-885-7020

Address: PO Box 1226 Addison, TX 75001

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

Description: Helps victims and survivors of domestic abuse, family violence, and sexual assault secure freedom from abuse through transportation. Must be in the North Texas, DFW, or East Texas area. Must be 18 or older and have a destination in place (such as a shelter). Can provide transportation assistance by ride to domestic violence shelter, road trip to a family home, fuel card to leave the area, or a bus or train pass to a family home.

First Baptist Church- Ponder

Telephone: 940-479-2455

Address: 101 S. Hwy156 Ponder, TX 76259

Website: <https://www.fbcponder.org/food-pantry>

Description: Community food pantry supplies for residents of Ponder in need. If needing assistance, stop by the church Monday-Friday 9am-12pm or contact the church office.

First Refuge Ministries (First Baptist Church)

Telephone: (940) 382-2577

Address: 1701 Broadway St. Denton, TX 76201

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

Description: Food pantry Mon. 9am-12pm, Wed. 1-4pm, Thurs. 6-8pm. Clients may come once every 30 days. Doctor visits for \$20 for those who qualify. Individual, couples, family and group counseling for \$20 per session. Dental clinic appreciates a \$20 donation for services. Also operate a food pantry in Sanger on Thursdays 9am-12pm at 713 S. 5th St. Sanger, TX.

Full Cart Virtual Food Bank

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

Description: Program covers the cost of food and ships it directly to the front door of those in need. Currently a waitlist, add name to list on website.

Genesis Women's Shelter & Support

Telephone: 214-946-HELP (4357)

Address: 2023 Lucas Dr. Dallas, TX 75219 and 5020 S. Lancaster Rd. Dallas, TX 75216

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

Description: Provides safety, shelter, and support for women and children experiencing domestic abuse.

Giving Grace

Telephone: (940) 382-0609

Address: 306 N. Loop 288 Denton, TX 76209

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

Description: Provide services to help individuals and families overcome homelessness. Coordinated Entry program helps quickly connect people to available resources and housing. Can provide street outreach and come to you and complete assessments outside of their office locations. ID assistance. Rise with Grace case management, transitional shelter for families with kids.

Gracebridge

Telephone: 214-425-9423

Website: <https://www.gracebridge.us/>

Description: Serves families within Collin, Grayson, and Denton counties through food distributions on the 1st and 3rd Saturday of each month by appointment only. Eye clinic (provide basic eye exams and glasses fitting free of charge), welding school trade program, school supply and holiday help program.

Habitat for Humanity of Denton County

Telephone: 940-484-5006

Address: 1805 Cornell Lane Denton, TX 76201

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

Description: Offers a program for qualified, low to moderate income families or qualified disabled veterans to purchase new homes with a no interest loan. Homeowners will work side-by-side with volunteers in the construction of their home and other Habitat homes throughout the community pre-approved by Habitat.

Heart of the City

Telephone: 972-824-6171

Address: 2021 N. Mill St. Lewisville, TX 75057

Website: <https://heartofthecitylewisville.com/home>

Description: Provides peer support, Farmers Market Food Pantry by appointment Mondays 2-4pm, Tuesdays 2-6pm, Wednesdays 3-5pm, Thursdays 10am-1pm, Saturdays 9am-11am and Grahams Totally Free Clothing Tuesdays 2-6pm, Thursdays 10am-1pm, Saturdays 9am-11am.

Help for Felons- Breaking Through the Past

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

Description: Provides support and direction for felons, inmates and ex-offenders with sources and directories to jobs, reentry, legal, financial help, and housing.

Hope Food and Clothing Ministry

Telephone: 940-218-5615

Address: 819 West Sherman Dr. Aubrey, TX 76227

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

Description: Food pantry and clothing closet open the third Saturday of the month 9am-11am.

Interfaith Ministries

Telephone: (940) 565-5479

Address: 1109 North Elm Street Denton, TX 76201

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

Description: Help with paying utilities, diapers for babies and adults, hygiene products, transportation needs, prescriptions, and help with referrals.

Lake Cities United Methodist Church

Telephone: (940) 321-6100

Address: 300 East Hundley Drive Lake Dallas, TX 75065

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

Description: Basic food and hygiene items to residents in the Lake Cities area. Proof of residency in Corinth, Hickory Creek, Lake Dallas or Shady Shores. Bring valid photo ID. Tue & Thurs 10am-1pm & 1st Saturday of the month from 10am-12pm. Clients can visit the pantry once a month.

Lasagna Love

Website: <https://lasagnalove.org/request/>

Description: Global nonprofit and grassroots movement that aims to positively impact communities by connecting neighbors with neighbors through homemade meal delivery. We also seek to eliminate stigmas associated with asking for help when it is needed most. Our mission is simple: feed families, spread kindness, and strengthen communities.” Can request a meal for yourself or for a loved one.

Laundry Love

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

Description: Partners with local laundromats to wash clothes and bedding of low-income and/or no-income families and person(s).

Lifeline Phone Program

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

Description: Offers government assisted wireless services to low-income families and individuals in Texas. Qualified customers receive Free cell phone service. Certain residents may be eligible for a Free cell phone.

Little Elm Food Bank

Telephone: (972) 294-4061

Address: 501 Bill Street Little Elm, TX 75068

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

Description: Provides short-term emergency food aid 12 times in a 12-month period. Photo ID and proof of residency required. Hours: Mon 9am-4pm, Thurs 9am-4pm, and Fri 9am-12pm.

Living Water Food Pantry- Lifegate Church Denton

Telephone: 940-323-0714

Address: 3350 Deerwood Parkway Denton, TX 76208

Website: <https://mylifegate.org/#give>

Description: Tuesdays 9am-11am by appointment.

Meals on Wheels

Telephone: (940) 382-2224

Address: 1800 Malone Street Denton, TX 76201

Website: <https://span-transit.org/home-delivered-meals/>

Description: Provides home-delivered meals to homebound elderly and disabled citizens in Denton County. Individuals must be 60 years or older, home-bound because of physical or emotional health, unable to prepare their own meals, have no one else living with them and live

within proximity of meal site. Also provides meals at several senior centers in Denton County* (for locations see website), and a pet food delivery program called Senior Paws assists seniors unable to buy food for their pets with pet food supplements.

Medicaid Non-Emergency Medical Transportation Program

Telephone: 877-633-8747 (helpline)

Website: <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/nonemergency-medical-transportation-program/health-plan-transportation-contact-information>

Description: To request a ride, call at least two work days before your appointment, or five days before the appointment if it's outside your county. Call Monday through Friday, 8am-5pm. You may be able to be approved for same-day rides when: your doctor or dentist must see you on the same day, you are released from a hospital, clinic or other health care facility, or you need a ride to a drugstore. The website above lists each Medicaid Health Plan and transportation contact number or you can call the number on your insurance card.

Metro Auto Ministry

Telephone: 214-563-2244

Address: 2321 Masch Branch Rd. #326 Bldg. 5, Denton, TX 76207

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

Description: Provides low-cost mechanical and light body repairs for low-income individuals.

Metrocrest

Telephone: 972-446-2100

Address: 1145 N. Josey Ln. Carrollton, TX 75006

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

Description: Food Pantry Mon-Fri 8:30am-3pm and Saturday 9am-1pm. Housing stability, education, senior services, holiday and seasonal assistance, homeless resources and street outreach. Service area- Carrollton, Addison, Farmers Branch, Coppell, and City of Dallas in Denton County (75287).

Mission Arlington

Telephone: (817) 277-6620

Address: 210 West South Street Arlington, TX 76010

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

Description: Supplies families with short-term supplies of groceries, clothing for the whole family (including for job interviews), assistance with rent, utilities, prescriptions, and gas, furniture and appliances, baby items, bicycles, computers, household items, identification, medical equipment and personal needs. Mon-Fri 8-5 and Sat 9-2.

Modest Needs Grant

Telephone: 844-667-3776

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

Description: Modest Needs offers grants designed to promote the self-sufficiency of individuals and families who, because they are working and live just above the poverty level, are ineligible for most types of conventional social assistance but who, all the same, are living one or two lost paychecks away from the kind of financial catastrophe that eventually leads to homelessness.

NAMI- North Texas

Telephone: 214-341-7133

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

Description: Peer to Peer Program, Connection Recovery Support Group, Family to Family and Family Support Groups, youth programs, education, advocacy, and resources.

National Asian American Pacific Islander Mental Health Association

Website: <https://www.naapimha.org/general-resources>

Description: Promotes the mental health and wellbeing of Asian Americans, Native Hawaiians and Pacific Islanders, provides resources, and mental health fact sheets in languages such as Hmong, Japanese, Khmer, Korean, Mandarin, Thai, and Vietnamese.

Neighbors Nourishing Neighbors

Telephone: 469-296-8877

Address: 474 N Hays Rd # E1, Prosper, TX 75078

Website: <https://www.n3foodpantry.org/>

Description: Food pantry serves the counties of Collin, East Denton, and Southern Grayson by appointment. Distribution hours are Mondays 12-5pm, Tuesdays 12-5pm, Wednesdays 12-5pm, Thursdays 12-4pm.

North Texas Fair Housing Center

Telephone: 469-941-0375

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

Description: Landlord/Tenant counseling, discrimination complaint investigation, educational programs free of charge.

NTX Community Food Pantry

Telephone: 469-514-9065

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

Address: 5201 S. Colony Blvd. Suite 650 The Colony, TX 75056

Description: Open Pantry Mondays and Wednesdays 9am-12pm, Thursdays 4:30-6:30pm serving residents of The Colony, Frisco, Little Elm, Carrollton, and Lewisville. Bring proof of residency (utility bill, car insurance, etc.) and a photo I.D.

Our Daily Bread

Telephone: (940) 566-1308

Address: 909 N Loop 288, Denton, TX 76209

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

Description: Free meals daily from 8-9, 11:30-1, and 5:30-7. Shelter services include beds, clothing, hot showers, laundry services, hygiene products, and computer and phone access. Day shelter 8am-8pm, night shelter 4pm-8am. Help with identification, transportation, housing, benefits education, and work training. Preventative health care, prescription assistance, and mental health counseling. **Check-in for the night shelter is at 4pm**

Outreach Denton

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

Description: Provides support, resources, advocacy and connection with the LGBTQ+ community in Denton, Texas. Spectrum Teen Support Group twice monthly for youth ages 13-18.

Pilot Point Goodfellows

Telephone: 940-686-3014

Address: 1189 US-377 Pilot Point, TX 76258

Description: Provides food, clothing, and assistance with medical prescription, and utility expenses to families showing a true emergency.

Project Heal

Website: <https://www.theprojectheal.org/apply-for-support>

Description: Project Heal's Treatment Access Support programs are accessible to all people in the U.S with eating disorders who are experiencing financial hardship, insurance barriers, and/or prohibitive barriers to treatment.

Project Hope Denton-Family Enrichment Center- Hands of Hope Food Pantry

Telephone: 940-777-4673

Address: 1111 Wilson St. Denton, TX 76205

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

Description: Pantry every Tuesday 11am-1:30pm and 5:30-6:30pm and 1st Saturdays of the month 9-11am serving one bag of groceries per person. Hope Kitchen serves hot lunch every Wednesday 11am-1pm. Hope Community Computer Lab is available for public use Monday-Thursday 10am-2pm. Visitors can utilize the lab to apply for jobs, complete school assignments, and acquire basic computer skills.

Reach

Telephone: (940) 383-1062 (Denton) or (972)398-1111 (Plano) or (214)630-4796 (Dallas) or (817)870-9082 (Fort Worth)

Address: 421 E Hickory Ste. 106 Denton, TX 76201

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

Description: Their mission is to empower those with disabilities. Information & referral services, peer counseling, advocacy assistance, independent living skills training (cooking, time management, budgeting/money management, and basic computer skills). Social/recreational activities, equipment such as manual and electric wheelchairs and walkers (as available), adjustment to disability training and weekly support groups.

Roanoke Food Pantry

Telephone: (817) 491-4451

Address: 108 Pecan Street Roanoke, TX 76262

Website: <https://chamber.metroportchamber.org/list/member/roanoke-food-pantry-503>

Description: Food pantry Mon-Wed 9am-2pm.

Salvation Army Denton

Telephone: (940) 566-3800

Address: 1508 East McKinney Street Denton, TX 76209

Website: <https://salvationarmyntx.org/north-texas/denton>

Description: Food pantry Wed and Fri from 9:30-11:30am. KARE kitchen Sunday at 5:30pm. Assistance to combat addiction, stop domestic violence, reverse homelessness, Christmas, and emergency family services. Shelter assistance for those experiencing homelessness **check-in is at 4pm**

Salvation Army Lewisville

Telephone: (972) 353-9400

Address: 880 Fox Ave. Lewisville, TX 75067

Website: <https://salvationarmyntx.org/north-texas/lewisville>

Description: Lunch Mon-Fri from 12-1pm and Sunday from 12:30-1:30pm. Food pantry Tues and Thurs 9-11:30am and 1:30-3:30pm. Assistance to combat addiction, stop domestic violence, reverse homelessness, help with Christmas, and emergency family services. Cooling/warming station during inclement weather.

Sanger Bargain Depot and Crisis Center

Telephone: 940-453-5166

Address: 100 N. 5th Street Sanger, TX 76266

Description: Food, clothing, utility bill, medication, gas, and rent assistance. Appointment for intake interview and application for assistance is needed.

Section 8 Housing (The Housing Choice Voucher Program)

Website: www.tdhca.state.tx.us/section-8/

Description: Provides rental assistance payments on behalf of low-income individuals and families including the elderly and people with disabilities. Apply online.

Serve Denton

Telephone: 940-735-3234

Address: 306 N. Loop 288 Denton, TX 76209

Website: <https://www.servedenton.org/help>

Description: Resource center for those who need social services providing multiple nonprofits under one roof including Recovery Resource Council, Giving Grace, Denton Affordable Housing Corporation, Health Services of North Texas, ReNue Pharmacy, Denton Community Food Center, Texoma Council of Governments Community Services, Inc. and Refuge for Women.

Serve Lewisville

Telephone: 972-585-5657

Address: 1001 S. Edmonds Lane Lewisville, TX 75067

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

Description: Resource center for those who need social services providing multiple nonprofits under one roof including Community Services, Inc., Blue Market Door Pantry, The Creative Wellness Project, Boys and Girls Club, Denton County MHMR, and Single Parent Advocate.

Shepherd's Storehouse

Telephone: (940) 686-2620

Address: 1189 South High 377 Pilot Point, TX 76258

Description: Assistance with food and clothing. Open Mon, Wed & Fri from 8:30am-12pm.

Singing Oaks Church of Christ

Telephone: (940) 387-4355

Address: 101 Cardinal Drive Denton, TX 76209

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

Description: Assistance with food and clothing. Food pantry open Thurs 3-5pm.

S.M. Wright Foundation

Telephone: 214-565-9136 (Helpline)

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

Description: Beds for Kids Program, North Texas Furniture Bank, and S.M. Wright Mattress Agency provides emergency assistance to families who lost possessions in a natural disaster or home fire.

St. Vincent de Paul of North Texas

Telephone: (469) 607-0909 (Helpline)

Address: 3826 Gilbert Ave. Dallas, TX 75219

Website: <https://svdpdallas.org/help/>

Description: Offers help with rent, utilities, food, prescription medication.

S.W.E.A.T Team (Servant Workers for Every Available Task)- Denton Bible Church

Telephone: 940-297-6847

Website: <https://dentonbible.org/sweatteam/>

Description: Assists with small construction, maintenance, and repair projects for those in need who cannot accomplish the work themselves, the elderly, the sick, widows, and those without financial resources. Serves residents in northern Denton County that reside in the following school districts: Denton, Krum, Ponder, Sanger, Pilot Point, Aubrey, Lake Dallas, and Argyle.

Texas Department of Health and Human Services

Telephone: (940) 320-5700

Address: 3612 East McKinney Street #112 Denton, TX 76209

Website: <https://www.hhs.texas.gov/>

Description: Applications for Medicaid, Children's Health Insurance Program (CHIP), food stamps (SNAP-supplemental nutrition assistance program for low-income adults and families), SSDI (Social Security Disability Insurance assistance for people who meet requirements for disability), or TANF (Temporary Assistance for Needy Families). www.yourtexasbenefits.com to apply for benefits online.

Texas Offender Reentry Initiative

Telephone: (214) 941-1325 ext. 104

Address: P.O Box 4386 Dallas, TX 75208

Website: <https://medc-tori.org/>

Description: Offers holistic wraparound services for the reentry population after incarceration services including housing, family reunification services, employment coaching, educational and training programs, spiritual guidance, health education and awareness training, and mentorship.

Texas State Affordable Housing Corporation

Telephone: 512-477-3555 (Main line) 888-638-3555 (toll free)

Address: 6701 Shirley Ave. Austin, TX 78752

Website: <https://www.tsahc.org/homebuyers-renters/home-sweet-texas-home-loan-program>

Description: Homes Sweet Texas Home Loan Program offers home loans and down payment assistance to low and moderate-income families.

Texoma Council of Governments (TCOG)

Telephone: 903-893-2161

Address: 306 N Loop 288, Denton, TX 76209

Website: <https://tco.org/energy-services/>

Description: Provides utility assistance, benefits counseling, care coordination, caregiver support services, senior volunteer programs, home weatherization, employment and education support, and referral assistance to seniors, individuals with disabilities, and low-income families.

The Art Room

Telephone: 940-220-9844

Address: 721 S. Locust St. Denton, TX 76201

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

Description: Provides a safe, supportive studio environment for adults with mental health issues to explore artistic expression and the development of artistic skills, reducing stress, promoting self-discovery, and providing a positive means for emotional expression.

The Father's Store House- The Shepherd's House Church

Telephone: 972-436-6750

Address: 225 Milton St. Lewisville, TX 75057

Website: <https://www.tshlewisville.com/our-ministries>

Description: Community food pantry open to the community of Lewisville and surrounding areas Tuesdays 11:30am-2pm and Fridays 12:30-2pm.

The Friendship House- First Baptist Church at the Fields

Telephone: 972-512-3838

Address: 3733 N. Josey Ln. Suite 103 Carrollton, TX 75010

Website: <https://www.firstfields.org/friendship-house>

Description: Food assistance (families may receive food weekly, currently accepting all zip codes) and assist with financial needs as able. Call for an appointment for food. Tuesdays 1-4 pm, Wednesdays 9am-12:30pm & 1:30-4 pm, Thursdays 9am-12:30pm & 1:30-4pm.

The Hope Center- Cross Timbers Church

Telephone: 940-240-5100

Address: 312 W. McKinney St, Denton, TX 76201

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

Description: Pastoral counseling, financial assistance, disaster recovery, and “Fix My Ride” events.

The Samaritan Inn

Telephone: 972-542-5302

Address: 1514 N. McDonald St. McKinney, TX 75071

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

Description: Shelter for our unhoused neighbors in North Texas serving single men, women, and families with a capacity to serve up to 226 residents.

The Way Back

Telephone: 214-352-5674

Address: 2828 Fish Trap Rd. Dallas, TX 75212

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

Description: Offers reentry and wrap-around services that address immediate needs such as clothing, food, hygiene, housing assistance, and referrals to social services, case management and supportive services.

Unlocking Doors

Telephone: 214-296-9258

Address: 12225 Greenville Ave. Suite 850 Dallas, TX 75243

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

Description: Offers reentry service delivery to former offenders through education, engagement, and helping navigate and connect with resources.

UT Southwestern Psychiatry

Telephone: (214) 645-8500

Address: 1430 Empire Central Drive, 1st Floor Dallas, Texas 75247

Website: <https://utswmed.org/locations/ut-southwestern-empire-plaza-1/multispecialty-psychiatry-clinic/>

Description: One of the premier centers in the world for the diagnosis and treatment of mental illness. Offer a range of top-quality mental health services.

We Are One Heart Foundation

Telephone: 940-239-0069

Address: 11450 US Hwy 380 Suite 130-174 Crossroads, TX 76227

Website: <https://www.wa1h.org/>

Description: Provide housing, assistance, resources, and referrals to low-income seniors and veterans. In-home safety assessments, medication management and planners, group social activities, caregiver support.

We Care Facilities, LLC- Residential Care Homes

Telephone: 469-685-4663

Address: 1243 Springwood Dr. Lewisville, TX 75067

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

Description: Housing Program for those on fixed Income such as: Pension, Unemployment Compensation, Social Security Benefits, Veteran Benefits or Working Income. This is a Shared housing arrangement for Independent or Semi-Independent with all Utilities Included, Fully Furnished, Cable T.V., and Telephone Service. Services: assists with social skills such as: Application Process with Public Assistance, registration for School Programs, Social Outings, Community Help, life skills in meal preparations, medication reminders, errand assistance, medical appointment reminders and other minor assistance.

West Side Baptist Church

Telephone: 972-221-5668

Address: 900 Bellaire Blvd. Lewisville, TX 75067

Website: <https://wbcchurch.org/events/free-produce-4th-saturdays/>

Description: Free food distribution every 4th Saturday 9am-12pm or until all food is distributed. All are welcome, no ID is required, USDA Intake form upon arrival for new families, first come, first served.

Winning the Fight

Telephone: 972-467-7704

Address: PO Box 271661 | Flower Mound, TX 75027-1661

Website: <https://wtf-winningthefight.org/>

Description: Provides drug education, support, and resources to youth and families suffering from the disease of addiction. Court Programs, Revitalization Retreat, Juvenile Probation Program, BetterRx Safe Than Sorry, Just Breathe.

ANAD Eating Disorders Helpline

Telephone: 888-375-7767

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

Description: Free eating disorders helpline providing emotional support and referrals. Helpline is available Monday-Friday 9am-9pm CST. Messages will be returned left outside of these hours.

Blackline

Telephone: 1-800-604-5841

Website: <https://www.callblackline.com/>

Description: Provides a private space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences through a Black, LGBTQ, and Black Femme lens. Referral source for Black, Brown, and Indigenous people in particular, throughout the nation.

Crisis Text Line

Telephone: Text HOME to 741741

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

Description: Provides free, confidential, 24/7 mental health support via text message with volunteer crisis counselors.

Disaster Distress Helpline

Telephone: 1-800-985-5990 (call or text)

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

Description: National toll-free multilingual hotline dedicated to providing year-round disaster crisis counseling. This crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

LGBT National Hotline

Telephone: 888-843-4564

Website: <https://lgbthotline.org/national-hotline/>

Description: Provides a confidential safe space, peer counseling, information, and local resources for all ages. Hotline hours are Monday-Friday 1-10pm, Saturdays 11am-4pm.

NAMI Helpline

Telephone: 1-800-950-NAMI (6264)

Website: <https://www.nami.org/support-education/nami-helpline/>

Description: National Alliance on Mental Illness (NAMI) helpline is a free, confidential nationwide service that provides one-on-one emotional support, mental health information, and resources available Monday-Friday 9am-9pm CST.

National Domestic Violence Hotline

Telephone: 1-800-799-SAFE (7233) or text “START” to 88788

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

Description: 24/7 365 days a year free confidential hotline provides essential tools, resources, crisis intervention information, education, and referral services in over 200 languages to support and help survivors of domestic violence so they can live their lives free of abuse.

National Suicide and Crisis Lifeline

Telephone: 1-800-273-TALK (8255) or Call or Text 988

Website: <https://988lifeline.org/>

Description: Lifeline is free and confidential, available 24/7 365 days a year. The lifeline is for everyone and provides access to one-on-one assistance with skilled judgment-free counselors.

SAMHSA National Helpline

Telephone: 1-800-662-HELP (4357)

Website: <https://www.samhsa.gov/find-help/helplines/national-helpline>

Description: Substance Abuse Mental Health Services Administration (SAMHSA) helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Trans Lifeline

Telephone: 877-565-8860

Website: <https://translifeline.org/hotline/>

Description: Confidential peer support phone service run by trans-identified operators helping those who are trans or questioning. Provides support and connection to community support and resources. Hotline operating hours are Monday-Friday 12pm-8pm CST. Closed on certain holidays.

Education and Employment Resources

Career Transition Ministry

Telephone: Dick Welday: (940) 262-3252

Address: Denton Bible Church – The Annex – Room 106 - Wednesdays from 6:45-8:45

Call or send an email to register and receive an access code to enter the building

Website: <https://dentonbible.org/career-transitions/>

Description: Job search management, resume development, interview and salary negotiation, networking techniques, two-minute presentation, branding and personal packaging.

Communities in Schools North Texas

Telephone: (972) 538-9930

Address: 217 South Stemmons Freeway Suite 101 Lewisville, TX 75067

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

Description: Provides dropout prevention services to economically disadvantaged students in schools across Denton and Wise counties. Services include a case management program and the 21st Century Afterschool program. Serves schools in Denton, Lewisville, Little Elm and Northwest ISD's.

Denton ISD Adult Education and Literacy Program

Telephone: (940) 369-0400

Address: 1504 Long Rd., Denton, TX 76207

Website: <https://www.dentonisd.org/adulted>

Description: Free English as a Second Language (ESL), High School Equivalency (HSE), Career Pathway (CPW) certification classes and Workplace Literacy. Funded by the Texas Workforce Commission. Prepares adults for higher academic instruction or skills training that leads to employment and self-sufficiency.

Goodwill Denton Job Resource Center

Telephone: 940-999-5432

Address: 2030 W. University Dr. Denton, TX 76201

Website: <https://goodwillnorthcentraltexas.org/job-placement/>

Description: Job search and placement assistance, free computer and Internet access, career counseling, employer networking opportunities job readiness skills training including resume writing, interviewing skills and job search techniques, and referrals to other programs and resources.

Gracebridge Welding School Trade Program

Telephone: 214-425-9423

Website: <https://www.gracebridge.us/>

North Texas Job Corps Center

Telephone: (800) 733-5627

Address: 1701 North Church Street Dallas, TX 75247

Website: <https://northtexas.jobcorps.gov/>

Description: Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training.

Texas A&M AgriLife Extension Service

Telephone: (940) 349-2882

Address: 611 Kimberly Dr. Denton, TX 76208

Website: <https://denton.agrilife.org/>

Description: Provides quality, relevant outreach and continuing education programs and services to the people of Texas.

Workforce Solutions for North Central Texas

Telephone: (940) 382-6712

Address: 5800 I-35 N Suite #100 Denton, TX 76207

Website: <https://www.dfwjobs.com/find-a-workforce-center/denton-workforce-center>

Description: Job referral and placement services. Employment counseling for veterans, disabled workers, parolees and other special applicant groups. Also, federal job listings and childcare. Statewide Job-line: 1-888-610-JOBS (5627) referrals, TANF, labor market information.

Legal Resources

Atticus

Website: <https://www.atticus.com/disability-benefits/home?referringFirm=0014T00000QEKBmQAP>

Description: Legal assistance in getting Social Security Income and Social Security Disability Income. Offers free aid.

Denton Bail Fund

Website: <https://dentonbailfund.com/#bail-support>

Description: The Denton Bail Fund is an all-volunteer collective of folks who believe that no one should be incarcerated simply because they cannot afford bail. We operate on a case-by-case basis and are completely dependent on community support for funding. Unable to assist with people who are detained outside of Denton County or provide assistance with immigration bonds.

Disability Rights Texas

Telephone: (214) 630-0916 (North Texas) 1-800-252-9108 (Intake Line)

Website: <https://disabilityrightstx.org>

Description: Provides legal assistance to people with disabilities whose rights are threatened or violated and make referrals to programs and services.

LASSA Texas Hotline (Legal Aid for Survivors of Sexual Assault)

Telephone: 844-303-7233 Option 1

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

Description: Free and confidential legal services for survivors of sexual assault. Monday-Friday 9am-5pm

Legal Aid of Northwest Texas

Telephone: 940-383-1406 or 1-888-529-5277 (Legal Aid Line)

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

Description: Provides free civil legal services to low-income individuals and families.

Texas Legal Services Center

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

Description: Provides free legal assistance and through TexasLawHelp.org provides articles guides and forms for civil legal issues and can chat with legal staff Monday-Thursday 10am-3pm.

Grief Resources

A Memory Grows

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

Telephone: 682-214-4608

Description: Offers a family grief retreat located in Fort Worth, TX.

Building Bridges

Website: <https://www.howf.org/grief-support/building-bridges/>

Telephone: 940-691-0982

Description: Offers 8-week support groups for children located in Wichita Falls, TX.

Camp Sunrise

Website: <http://christian-works.org/griefworks/>

Telephone: 817-502-7789

Description: Offers a weekend grief camp for children ages 6-17. Located in Fort Worth, TX.

Carson's Village

Website: <https://carsonsvillage.org>

Description: Offers free support services including advocates to help navigate the journey of grieving after the loss of a loved one, education, peer support, monthly grief support groups, and assistance with creation of family web pages.

El Tesoro de la Vida Grief Camp

Website: www.campfirefw.org

Telephone: 817-831-2111

Description: Offers a grief camp for children ages 7-17 located in Fort Worth, TX.

Grief and Loss Center of North Texas

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

Telephone: 214-452-3105

Description: Provides free monthly grief support groups for kindergartners through senior adults.

Grief Share

Telephone: 1-800-395-5755

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

Description: Receive guidance, tips, and support group search in your area. Friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

Jenny's Hope

Website: www.wiseccc.org

Telephone: 940-627-1618

Description: Offers grief support groups for children located in Decatur, Tx.

Journey4Ward

Telephone: 817-999-7784

Website: <https://www.journey4ward.org/>

Description: Provides free services including trauma counseling for children and adults, to all victims of crime and at-risk youth, along with wraparound support services such as judicial support services, crime victim compensation support, resources, education, peer based therapeutic activities, youth impact workshops, Voices without Violence gun violence curriculum classes, and DFW Circles of Mothers Peer Support for Homicide Victims.

Rhett Sullivan Foundation

Telephone: 940-242-1095

Address: PO Box 270871 Flower Mound, Texas 75027

Website: <https://rhetttsullivan.org/assistance/>

Description: Assists with the cost of funeral, burial, monument, and counseling for any family experiencing the loss of a child between the age of 20 weeks gestation to 2 years old.

Tragedy Assistance Program for Survivors (TAPS)

Telephone: 1-800-959-TAPS (8277) TAPS 24/7 National Military Survivor Helpline

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

Description: National organization providing compassionate care and comprehensive resources to all those grieving a death in the military or veteran community. Provides a peer support network, connection to counseling and grief resources, and help navigating benefits at no cost to surviving families and loved ones.

VNA SafeHaven Program

Telephone: 940-349-5900

Description: Offers an 8-week grief support groups for children ages 5-18 and their families located in Denton, Tx.

Wings of Hope

Website: <https://www.howf.org/grief-support/wings-of-hope/>

Telephone: 940-691-0982

Description: Offers adult grief support groups for parents and grandparents. Located in Wichita Falls, TX.

Resources for Veterans

Denton County Military Veteran Peer Network

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

Telephone: 701-866-2758

Description: Peer support for military service members, Veterans, and their families.

Denton County VA Clinic

Website: <https://www.va.gov/north-texas-health-care/locations/denton-va-clinic/>

Telephone: 940-891-6350 (Main Number) 833-284-7212 (VA Health Connect) 940-891-6350 (Mental Health Care) 1-800-849-3597 or 214-742-8387 (VA North Texas Healthcare System)

Address: 2322 San Jacinto Blvd. Denton, TX 76205-7532

Description: Offers laboratory and clinical testing, trauma informed counseling, family and internal medicine primary care, toxic exposure screening, and pharmacy.

Denton County Veterans Center-United Way

Website: <https://www.unitedwaydenton.org/denton-county-veterans-center>

Telephone: 940-566-5851 Ext. 113

Description: Veteran Community Navigator assists Veteran and/or their dependent to provide referrals for their specific needs. A Veteran counselor is available to assist Veterans in filing their VA disability claims (469-625-8156)

Denton County Veteran's Services Office

Website: <https://www.dentoncounty.gov/859/Veterans-Service>

Telephone: 940-349-2950

Address: 1505 E. McKinney St. Suite 151 Denton, TX 76209-4525 and 400 North Valley Parkway Suite 1134 Lewisville, TX 75067-3477

Description: Assistance for Denton County Veterans and their dependents in filing VA benefit claims. By appointment only.

Endeavors

Website: <https://www.endeavors.org/veteran-services/>

Telephone: 210-431-6466

Description: Offers free and low-cost counseling, mental health support, life skills courses, fitness classes, support services to prevent homelessness, and case management for Veterans and their families.

Grace After Fire

Website: <https://www.graceafterfire.org/table-talk>

Description: Peer-to-peer support group program specifically designed for women Veterans. Provides educational materials and activities that promote self-knowledge, self-understanding, self-development and self-renewal for the woman Veterans.

Make a Vet Sweat

Contact: boflex@makeavetsweat.org Instagram: @makeavetsweat Facebook: Make A Vet Sweat

Description: Funds gym memberships for Veterans and their spouses to combat PTSD, offering a 90-day sponsorship with the potential for a full year extension for consistent attendance.

Operation Homefront

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

Telephone: 210-659-7756

Description: Offers critical financial assistance, permanent and transitional housing programs, back to school, family, and holiday programs.

Texas Veterans Commission

Website: <https://tvc.texas.gov/>

Telephone: 1-800-252-8387 (call center)

Description: State appointed advocate of Texas veterans as they attempt to secure the benefits rightfully earned in exchange for their service in our nation's armed forces. Assists with disability benefits and rights, education benefits, employment services, grants, entrepreneurs expand or start a business, health care advocacy, peer support, and mental health access.

VA Reach

Website: <https://www.va.gov/REACH/>

Description: Site designed for Veterans to proactively seek support and resources before their challenges become overwhelming or reach a crisis point. Provides resources for Veterans and their families/friends.

Veterans Affairs Medical Center

Telephone: 214-857-4279 (Dallas clinic phone) or (877)222-8387 (nationwide VA Mental Health Services phone number)

Address: 4500 South Lancaster Road Dallas, TX 75216

Website: <https://www.va.gov/north-texas-health-care/locations/dallas-va-medical-center/>

Description: Individual and group therapy for psychiatric disorders, marriage and relationship problems, PTSD, anxiety, addictive behaviors, personality disorders, and aggressive or self-harming behaviors. If you call (877)927-8387 you will have the opportunity to talk with a fellow combat Veteran about your experiences.

Veterans Benefits Administration

Telephone: 1-800-827-1000

Website: <https://benefits.va.gov/benefits/>

Description: To check eligibility over the phone 404-828-5257

Veteran Center of North Texas

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

Telephone: 214-600-2966

Address: 900 E. Park St. Suite 170 Plano, TX 75074

Description: Assists Veterans in navigating the network of public and private agencies to obtain assistance, services and support without charge. Provides immediate financial assistance to Veterans struggling to make ends meet due to unforeseen circumstances, connects Veterans with

qualified service providers, and aids Veterans and families to prevent homelessness. Serves 10 counties in North Texas including Denton County.

Caregiver Support Line

Telephone: 1-855-260-3274

Website: <https://www.caregiver.va.gov/index.asp>

Description: Skills training, mobile support, one-on-one coaching, group support and coaching, self-care, peer support mentoring, telephone support, online programs, and referrals to available VA and community resources for family caregivers who care for Veterans.

National Call Center for Homeless Veterans

Telephone: 1-877-4AID-VET (1-877-424-3838)

Website: <https://www.va.gov/homeless/nationalcallcenter.asp>

Description: Trained VA counselors available 24/7 for assistance, confidential support, and to access VA services for homeless and at-risk Veterans.

Veterans Crisis Line

Telephone: Dial 988 then press 1 or Text 838255

Website: <https://www.veteranscrisisline.net/>

Description: 24/7 confidential crisis support for Veterans and their loved ones.

Pet Resources

City of Denton Animal Services

Telephone: 940-349-7594

Website: <https://www.cityofdenton.com/165/Denton-Animal-Services>

Address: 3717 N. Elm St. Denton, TX 76207 (operates out of the Linda McNatt Animal Care and Adoption Center)

Description: Offers an emergency pet food pantry.

Dallas Pets Alive

Telephone: 325-225-5372

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

Address: 3110 Commonwealth Dr. Dallas, TX 75247

Description: Works to help North Texas families keep their pets in their homes and out of shelters by providing responsible rehoming, medical, training, temporary housing, and other resources to residents in need.

Denton Humane Society

Telephone: 940-382-7387

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

Description: Offers a bi-weekly pet food bank for people in financial need dependent upon the availability of donated pet food to be used on a short-term basis. May assist with veterinary expenses for sick or injured animals whose owners demonstrate a financial need. Low-cost spay/neuter program.

Frankie's Friends Charitable Pet Foundation

Telephone: 888-465-PETS (7387)

Website: <https://www.frankiesfriends.org/national-frankies-friends-fund>

Description: Fund provides financial assistance grants to family-owned pets in need of lifesaving emergency or specialty veterinary care whose caregivers cannot afford the full cost of treatment. This program is designed to help with the treatment of emergency and specialty medical conditions where the pet would otherwise suffer, be euthanized, or relinquished without proper veterinary care.

Operation Kindness Pet Food Pantry

Telephone: 972-418-7297

Address: 3201 Earhart Dr. Carrollton, TX 75006

Website: <https://www.operationkindness.org/pet-food-pantry/>

Description: Provides temporary food assistance to help families in need feed their pets. Offers free dog and cat food, litter and other supplies based on availability. Hours of operation: Thursdays and Sundays 11am-2pm.

Red Rover Relief

Telephone: 916-429-2457

Website: <https://redrover.org/relief/urgent-care-grants/urgent-care-pre-application/>

Description: Red Rover Relief Urgent Care Grant provides financial assistance and resources so pet caregivers can care for animals who need urgent veterinary care. Grants are intended to fill a small gap in funding that is keeping an animal from care.

SPCA of Texas

Telephone: 214-742-7722

Address: 2400 Lone Star Dr. Dallas, TX 75212

Website: <https://spca.org/resources/pet-needs/support-to-keep-your-pet/>

Description: Provides temporary support to pet owners in the Dallas/Fort Worth Metroplex who are experiencing financial hardship and are at risk of having to surrender their pets. SPCA of Texas can help with initial pet deposits, pet food, spay and neuter services, and medical assistance so fees don't force you to surrender your furry family member.

Texas Coalition for Animal Protection

Telephone: 940-566-5551

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

Address: 713 Sunset St. Denton, TX 76201

Description: Free rabies vaccines and discounted pet vaccinations. With the Denton Animal Support Foundation, hosts multiple public free to low-cost vaccine clinics throughout the year.

Texas Veterinary Medical Foundation

Website: <https://www.tvmf.org/for-texas-veterinarians/rusk-veterinary-assistance-grants/>

Description: The Rusk Veterinary Assistance Grants offer financial assistance for qualifying families in need of medical or surgical intervention for their pet.

The Pet Fund

Website: <https://www.thepetfund.com/>

Description: Provides financial assistance to owners of domestic animals in the United States who need veterinary care.

Medical & Dental Resources

Agape Clinic

Telephone: 972-707-7782 (medical) 972-707-7746 (dental)

Address: 4104 Junius St. Dallas, TX 75246

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

Description: Provides health and dental care services to underserved individuals. Does not require documentation, zip code restrictions, identification, or proof of income. Dentistry services include oral exams, diagnostic and preventative services, gum disease treatment, restorative services (same day crowns and partial/full dentures), root canal therapy, sedation, emergency dental care, same day appointments/walk-ins for urgent issues).

A&H Family Clinic

Telephone: 940-484-2000

Address: 1601 N. Elm St. Suite 101 Denton, TX 76201

Website: <https://ahfamilyclinic.com/>

Description: Provide accessible and bilingual healthcare services to both, insured and uninsured patients, in a family-centered atmosphere.

Denton County Public Health Department

Telephone: 940-349-2900 (Denton office) 972-434-4700 (Lewisville office)

Address: 535 S. Loop 288 Denton, TX 76205 and 190 N. Valley Parkway Lewisville, TX 75067

Website: <https://www.dentoncounty.gov/1799/Denton-County-Public-Health>

Description: STI/HIV program, immunizations, TB testing/treatment, dental extractions, women's health, education, Indigent Health Program.

Denton Kiwanis Children's Clinic

Telephone: 940-387-6323

Website: <https://dentonkiwanis.org/childrens-clinic/>

Address: 1001 N. Elm St. Denton, TX 76201

Description: Provides low-cost or no-cost medical, dental, and prescription assistance to disadvantaged children in the Denton area.

First Refuge Ministries Medical & Dental Clinic

Telephone: 940-484-4384

Address: 1701 Broadway St. Denton, TX 76201

Website: <https://dentonrefuge.org/medical-clinic/>

Description: Medical and dental visits are \$20. A \$10 no-show fee is required for a no-show before an appointment can be rescheduled. Fees for labs are typically no more than \$15 and completed at CPL. Medications prescribed typically are a few dollars, they have a pharmacy at the clinic. Childhood immunizations are available for children birth to 18 years of age who are uninsured or have Medicaid/CHIP. By appointment only.

Foremost Family Health Center

Telephone: 214-426-3645

Address: 2922B Martin Luther King Jr Blvd. Dallas, TX 75215

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

Description: Provides medical, behavioral health, lab testing, obstetrics and gynecology, pediatrics, podiatry, and dentistry services. Offers a sliding fee discount program based on household size and income and sees clients from other counties including Denton. Dentistry services include oral exams, teeth cleaning, dental fillings, tooth extractions, dental crowns, and partial dentures.

Health Services of North Texas

Telephone: (940) 381-1501 (all offices)

Website: <https://healthservicesntx.org/services/behavioral-health>

Description: Mental health services include treatment for depression and anxiety, substance use treatment, medication management, and individual and family therapy as well as medical health services, immunizations, case management, in-house lab and testing, and prescription assistance on a sliding scale.

Kinwest Medical Clinic

Telephone: 972-443-3328

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

Address: 2435 Kinwest Pkwy. Irving, TX 75063 (entrance Southside of Irving Bible Church, entrance sign is under portico)

Description: Clinic caring for uninsured in the Dallas, Fort Worth, and Denton County communities. Provides medical services, pediatric care, chiropractic services, lab tests and x-rays if ordered by their medical provider, school physicals. By appointment only.

Pedi Place

Telephone: 972-436-7962

Address: Park Lane Village 502 S. Old Orchard Lane, #126 Lewisville, TX 75067

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

Description: Low-cost pediatric medical services for children who are uninsured or who receive Medicaid or CHIP benefits.

Planned Parenthood Denton Health Center

Telephone: 940-891-0737

Address: 2436 S. Interstate 35 #360, Denton, TX 76205

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

Description: Wellness and preventative Care, vaccines, sexual and reproductive concerns, STD treatment and testing, prenatal and postpartum services, pregnancy testing and planning, HIV services, emergency contraception, and birth control. With or without insurance, offer funding based on income, and a letter of unemployment or of homeless status.

Primary Care Clinic of Texas

Telephone: 972-221-6005

Address: 560 West Main St. Suite 201 Lewisville, TX 75057

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

Description: Provides primary and rheumatology care at an affordable cost for uninsured or underinsured adults, 13 years and above without regard to income, residency, or background.

Texas Free Care

Telephone: 469-333-1256 (at Grace Church)

Website: <https://www.texasfreecare.org/index.html#/>

Address: 8440 Grace St. Frisco, TX 75034 (enter on eastside, Church Street)

Description: Open every Second Monday from 6-8pm. Provides basic medical care for patients that are uninsured or under-insured that have non-emergency medical needs through on-site treatment as well as connecting points to additional resources. No appointments are necessary, walk-in only.

Texas Native Health

Telephone: 214-941-1050

Address: 1283 Record Crossing Rd. Dallas, TX 75235

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

Description: Urban Indian Organization offering free, accessible and culturally sensitive services including medical, dental, behavioral health, education, workforce, and community services to address the diverse needs of Native Americans in Texas.

TWU Dental Hygiene Clinic

Telephone: 940-898-2888

Website: <https://twu.edu/dental-hygiene-clinic/>

Address: 604 Administration Dr. (Mary Gibbs Jones Hall, 3rd floor) Denton, TX 76204

Description: No walk-ins, appointment needed. Teeth cleaning (Oral prophylaxis), Deep cleaning (non-surgical periodontal therapy), X-rays, Oral cancer screening, Limited dental exam, Sealants and fluoride to help prevent cavities, and Tooth whitening with Junior and senior dental hygiene students supervised by licensed, experienced dental hygienists and dentists. Cost of services are based on your oral health care needs and will be discussed at the free screening.

V Care Medical and Dental Clinic

Telephone: 972-245-1200

Address: 1445 Mac Arthur Suite 122 Dr. Carrollton, TX 75007

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

Description: Medical walk-in clinic, dental services, Community Diabetic Control and Prevention Program (CDCPP), free cancer screenings, comprehensive primary care for adults and children. Office visits are \$40, free medical and dental services with eligibility and proof of income required.

Woven Health Clinic

Telephone: 469-574-2022

Address: 4325 N. Josey Lane Plaza 3, Suite 111 Carrollton, TX 75010

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

Description: Provides free and low-cost healthcare services for people who live in Dallas, Carrollton, Coppell, Addison, Farmers Branch and surrounding cities to uninsured and under-insured adults 18-64 years old who cannot afford it and are low to middle income levels.

Vision & Audiology Resources

Center for Vision Health

Telephone: 214-828-9900

Address: 5442 La Sierra Drive Dallas, TX 75231

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

Description: Provides routine and comprehensive eye exams, low-vision exams and assistive devices, non-verbal exams, and low-cost options for glasses for uninsured and underinsured adult and child populations in North Texas.

Cook Children's Alexander Vision Center

Telephone: 682-885-4499

Address: 321 S. Henderson St. Fort Worth, TX 76104

Website: <https://www.cookchildrens.org/services/ophthalmology/>

Description: Provides routine eye exams and prescription eyeglasses to children in North Central Texas at no cost who may need vision care. These services are for children whose families meet the 150% federal poverty level and are not covered by Medicaid or private insurance for eye care services. Referrals to the Alexander Vision Center should come from school nurses, doctor offices or public health agencies. Families are required to complete an application for screening and treatment.

Cornerstone Cataract Clinic

Telephone: 817-632-6035

Website: <https://www.cornerstonefortworth.org/health-services>

Address: 3500 Noble Ave. Fort Worth, TX 76111

Description: Free cataract facility for the uninsured. Provides solutions for patients with loss of vision and no ability to pay for sight-restoring procedures. Located in Tarrant County, serves surrounding areas including Denton County.

Dallas Hearing Foundation

Telephone: 972-424-7711

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

Description: Serves children and adults who are deaf and hard of hearing in the greater Dallas area. Offers assistance for hearing aids, cochlear implants, auditory verbal therapy, physician services, hospital services, audiology services or other expenses pertaining to hearing loss.

Deaf Action Center

Telephone: 214-521-0407

Address: 3110 Cedarplaza Lane Dallas, TX 75235

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

Description: Combination of programs to advocate for and serve deaf and hard of hearing individuals in North Texas.

Eye2Eye

Telephone: 833-932-3931

Website: <https://shp.rutgers.edu/psychiatric-rehabilitation/eye2eye/>

Description: Free, phone-based, peer support program, designed to assist adults who are blind or visually impaired and their families. Callers will be matched with trained peer support specialists who are also blind or visually impaired, also offer services in Spanish.

Eye Care America

Telephone: 877-887-6327

Website: <https://www.aao.org/eyecare-america/patients>

Description: Provides uninsured and underinsured individuals 18 years and older with access to medical eye exams by matching patients with a volunteer ophthalmologist in their area.

Help America Hear Program

Telephone: 1-888-580-8886

Website: <https://helpamericahear.org/help-america-hear-program>

Description: Provides prescription hearing aids to individuals in need with limited financial resources.

InfantSee

Telephone: 877-968-7233

Address: 2611 Internet Blvd. Suite 105 Frisco, TX 75034

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

Description: Health program, managed by Optometry Cares® designed to ensure that eye and vision care becomes an integral part of infant wellness. Under this program, AOA member optometrists provide a no-cost comprehensive eye and vision assessment for infants 6-12 months old regardless of a family's income or access to insurance coverage. The Find a Doctor tab on website will help you locate an optometrist in the program in Denton and surrounding areas.

Lions Club International

Website: <https://www.lionsclubs.org/en/our-impact/our-service/ways-we-serve>

Description: Offers help paying for eye care through local clubs.

New Eyes

Website: <https://new-eyes.org/>

Description: Provides new prescription eyeglasses with single or lined bifocal lenses to financially struggling children and adults across the United States.

Ragsdale Vision Center

Telephone: 940-387-9595

Website: <https://www.ragsdalevision.com/>

Address: 526 N. Locust St. Denton, TX

Description: Accepts traditional, Amerigroup, and Aetna Medicaid and Medicare.

ReSpectacle

Website: <https://respectacle.org/index>

Description: Non-profit organization that facilitates redistribution of high-quality, donated eyeglasses to underserved individuals & communities worldwide. Designed to be used by people who have no other means of getting life-changing vision correction.

Starkey Cares Better Hearing Program

Telephone: 855-686-2202

Website: <https://www.starkey.com/starkeycares>

Description: Helps those struggling to afford hearing aids by helping them acquire technologies that they wouldn't otherwise be able to afford.

Texas Workforce Commission Older Individuals Who are Blind Program

Telephone: 844-633-3642 (helpline)

Website: <https://www.twc.texas.gov/programs/older-individuals-who-are-blind>

Description: Serves individuals 55 or older who have a vision problem that makes everyday tasks difficult to live independently. Provides independent living skills training, orientation and mobility training, low vision evaluations and low vision devices, including video magnification, hand-held magnifiers, and other identified devices, diabetes education, deafblind evaluations and equipment, counseling on adjustment to blindness, and other services as necessary, such as ancillary services provided to support skills training.

TWU Speech, Language and Hearing Clinic

Telephone: 940-898-2285

Website: <https://twu.edu/speech-language-hearing-clinic/>

Address: 1413 N. Bell Ave. MCL Building Room 601 Denton, TX 76204

Description: Provides services to those in the community with speech, language, cognitive communication, feeding or hearing difficulties. Offers a sliding scale for clients who have documented financial need.

UNT Speech and Hearing Center

Telephone: 940-565-2262

Website: <https://hps.unt.edu/aslp/aslp-clinics.html>

Address: 907 West Sycamore St. Denton, TX 76201

Description: Clients range in age from eighteen months to eighty years and reflect a diversity of speech, language, and voice disorders. Student clinicians administer nationally recognized speech and language tests. Services offered include feeding evaluation and therapy, academic language assessment, Language-based Reading Disorder Program, communication therapy for children with Autism, voice evaluations, pre and post cochlear implant services, Preschool Language Program, augmentative alternative communication (AAC), Speech Summer Camp, comprehensive hearing evaluations, hearing aid services, specialized balance assessments, non-sedated auditory brainstem response evaluation, audiometric testing, FM systems and assistive listening technology, auditory processing disorder assessments, tinnitus evaluation and treatment, hearing conservation. Hearing aid technicians are also available several times a week for hearing aid diagnostics or repairs.

VSP Eyes of Hope Program

Website: <https://www.vspvision.com/eyes-of-hope.html>

<https://texas.preventblindness.org/caretaker-client-resources/eyecare-referral-services-for-adults-and-children/>

Description: Provides vouchers connecting adults and children who qualify with a local VSP network doctor for no-cost access to a comprehensive eye exam and a complete pair of glasses, if prescribed, with single vision or lined multifocal lenses. To pursue voucher for eye care, contact one of VSP's community partners. Reach out to Prevent Blindness (1-800-331-2020) 8:30am–5pm Monday-Friday, member locations of the National Association of Community Health Centers, or UnidosUS and let them know that you're in need of vision care. The local Denton National Association of Community Health Centers is Health Services of North Texas (940-381-1501). Once an individual has a voucher, there is a provider search on the VSP website, currently 2 providers in Denton and one in Sanger listed that work with the VSP program. They also have a "Sight for Students" Program and Healthy Eyes Eyeglass Program.

Additional Medical, Supply, & Prescription Assistance Resources

Alzheimer's Association Helpline

Telephone: 800-272-3900

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

Description: 24/7 helpline offers free, reliable, and confidential information and support, provides referrals to local community programs and services including local support groups, dementia-related education, crisis assistance, and emotional support.

American Autism Association

Telephone: 877-654-4483

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

Description: Provides individuals and families impacted by autism with informational resources, educational workshops, and therapeutic recreational programs.

American Cancer Society- Texas

Telephone: 800-227-2345

Website: <https://www.cancer.org/about-us/local/texas.html>

Description: Provides information, resources, cancer support programs, and local community events to fight cancer and get patient support.

American Diabetes Association- North Texas

Telephone: 972-392-1181

Website: <https://diabetes.org/local/north-texas>

Description: Offers literature and educational materials on the detection and prevention of diabetes. Provides information on financial assistance, advocacy programs and how to live with diabetes.

American Heart Association- Texas

Telephone: 214-441-4200

Website: <https://www.heart.org/en/affiliates/texas>

Description: Offers literature and educational materials, advocacy programs, and connection to support network dedicated to fighting heart disease and stroke.

Autism Now

Telephone: 1-855-828-8476

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

Description: Provides resources and information across the lifespan to individuals with Autism Spectrum Disorders and other developmental disabilities, their families, and caregivers.

Convatec Ostomy Access Program

Telephone: 1-800-422-8811

Website: <https://meplus.convatec.com/articles/patient-assistance-program/>

Description: Provides ostomy supplies to financially eligible patients on a temporary basis, at no charge. Patients who are uninsured and unable to afford the cost of ostomy supplies may be eligible.

Dementia Friendly North Central/East Texas

Telephone: 1-800-272-3921

Website: <https://www.nctcog.org/aging-services/dementia-friendly>

Description: Help people of all ages with dementia or memory loss stay in their homes, support family members who care for loved ones with dementia or memory loss, all services are free to those that qualify.

Denton County HIV Program

Telephone: 940-349-2587

Website: www.dentoncounty.gov/HIV

Description: Offers confidential HIV, syphilis, gonorrhea, and chlamydia testing to anyone 13 years of age or older at Denton and Lewisville clinics or by visiting free mobile testing events updated/listed on the website. If any STI is positive, treatment is available at no additional cost and provides referrals for HIV medical care. You can also receive an OraQuick At-Home HIV test kit by calling or requesting kit online. You may also order a free kit through <https://together.takemehome.org/>

Denton Music and Art Collaborative Healthcare Subsidy Program

Website: <https://dmacdenton.org/hsp>

Description: Supports local artists and musicians living and/or working in Denton County with vital healthcare subsidies.

Diabetes Research & Wellness Foundation

Website: <https://www.diabeteswellness.net/free-diabetes-id-necklace>

Description: Offers free diabetes identification necklaces.

Dollar For

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

Description: A national nonprofit that crushes medical bills by making charity care known, easy, and fair. We eliminate medical debt by empowering patients and advocating on their behalf. Dollar For helps patients check if they are eligible for financial assistance at their hospital, prepare and submit applications, and eliminate medical bills. Services are completely free.

Give a Mile

Website: <https://giveamile.org/about-giveamile/>

Description: Provides flights for families to visit loved ones that are reaching the end of life.

Good Days Assistance Program

Telephone: 877-968-7233

Address: 2611 Internet Blvd. Suite 105 Frisco, TX 75034

Website: <https://mygooddays.org/apply/>

Description: Provides financial support for patients who cannot afford the treatment they urgently need. May apply by mail or fax, enrollment form and eligibility information are located on website.

HealthWell Foundation

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

Description: Non-profit dedicated to improving access to health care for America's underinsured. When health insurance is not enough, we fill the gap by assisting with copays, premiums, deductibles and out-of-pocket expenses.

Hollister Secure Start

Telephone: 1-888-808-7456

Website: <https://www.hollister.com/en/consumerservices#>

Description: Anyone living with an ostomy or their caregivers, regardless of the brand of products used can enroll in the program to gain access to free personalized support, product information, educational resources, and help finding solutions to challenges.

James L. West Center for Dementia Care

Telephone: 817-663-8322

Address: 1111 Summit Ave. Fort Worth, TX 76102

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

Description: Memory care, dementia and caregiver education and family caregiver support, resources, and support groups.

Kindred Box

Address: 4653 Nall Road, Farmers Branch, TX 75244

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

Description: Collects and distributes donated ostomy and wound care supplies to aid individuals facing financial challenges and lack adequate health insurance coverage. Supplies ostomy kits to those affected by disasters and national emergencies. Healthcare and social workers can request assistance for individuals on the website.

Limbs for Life Foundation

Telephone: 1-888-235-5462

Website: <https://www.limbsforlife.org/get-help/>

Description: Provides financial assistance for prosthetic care provided by local professional partners to qualified approved applicants at no cost to the amputee.

Mercy Medical Angels

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

Description: Assistance with free non-emergency medical transportation for patients and caregivers on the ground with gas cards, bus and train tickets for non-local medical care more than 50 miles away.

Mission Regan

Telephone: 972-369-7637

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

Address: 2140 Redbud Blvd. Suite F, McKinney, TX 75069

Description: Collects donated medical supplies, medication, and medical equipment and sends to those in desperate need, locally and globally, without regard for income or medical insurance. Request supplies online, pickup is by appointment only.

Moncrief Cancer Institute Free Colorectal Cancer Screening Kit

Telephone: 888-223-8620

Website: <https://www.moncrief.com/colorectal-cancer-screening>

Description: Program to increase screening rates in un/underinsured. To qualify for the program, must be between the age of 45 and 75, be a current resident in the state of Texas, have no personal history of colorectal cancer, colorectal resection (surgery), inflammatory bowel disease, or colorectal polyps, have not had a stool-based test in the last year, a sigmoidoscopy exam (to look inside the rectum and lower colorectal) within the last 5 years, or colonoscopy exam (to look inside the rectum and entire colorectal) within the last 10 years. You may call or go online to request a free kit.

Multiple Sclerosis Society-North Texas

Telephone: 800-344-4867

Address: 1750 Valley View Ln. Suite 125 Farmers Branch, TX 75234

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

Description: Work together with a professional MS Navigator to meet the challenges of multiple sclerosis. Assistance with workplace issues, financial stress, treatment & therapy options, medical care needs, employment issues & more.

Osto Group

Telephone: 561-203-5886

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

Description: Donated ostomy supplies for the uninsured, only cost requested is shipping and handling.

Radiology Assist Program

Telephone: 855-346-5152

Website: <https://radiologyassist.com/financial-assistance/>

Address: 2100 Valley View Ln, Suite #490, Farmers Branch, TX 75234

Description: The financial assistance program is committed to assisting individuals to overcome financial barriers in obtaining needed imaging.

Steps of Faith Foundation

Telephone: 615-426-6034

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

Description: Provides prosthetic care, hope, and comfort to amputees needing financial support helping uninsured and underinsured amputees get the prosthetic limbs they need.

Texas Drug Card

Website: <https://texasdrugcard.com/>

Description: Free statewide prescription assistance program. Providing uninsured residents with savings up to 80% on medications, also provides comparable savings to those with insurance on their non-covered medications. This program is available to all Texans and there are no enrollment fees, qualifications, or waiting periods to access your savings. All cards are pre-activated and do not expire. Those who are not able to access a hard card can visit any local CVS/pharmacy and ask to have their prescription processed through the program. Accepted at over 68,000 pharmacies nationwide.

Texas Health Denton Healthy Education Lifestyles Program

Telephone: 940-323-7960

Website: <https://www.texashealth.org/Community-Health/Healthy-Education-Lifestyles-Program-HELP>

Address: 3000 N. I-35 Denton, TX 76201 (The Caring Clinic in Professional Office Building 1)

Description: Helps uninsured individuals with chronic disease management. For \$10 copay per visit, HELP program patients receive: visit with a mid-level practitioner, necessary lab testing, education, support group, access to a RN navigator for referrals and access to community resources, a RN diabetes educator, and to Chronic Disease Self-Management Workshops, and prescription assistance. Patients accepted into HELP must be between 18-64 years old, currently uninsured, and diagnosed with one or more of the following chronic diseases: Diabetes Mellitus (Type I or II), Hypertension/High Blood Pressure, Chronic Obstructive Pulmonary Disease, Asthma.

Texas Health Mobile Free Health Screening Mammograms

Telephone: 1-855-318-7696

Website: <https://www.texashealth.org/Community-Health/Mobile-Health/Mobile-Health-Screening-Mammograms>

Description: Provides screening mammograms at locations throughout the DFW community, see website for upcoming dates and locations.

Texas Health and Human Services Kidney Health Care Program

Telephone: 800-222-3986

Website: <https://www.hhs.texas.gov/services/health/chronic-kidney-disease/kidney-health-care>

Description: Kidney Health Care (KHC) is a statewide program that helps Texans with end-stage renal disease pay for: Dialysis treatments, Access surgery, Medications, Travel to transplant or dialysis services (mileage reimbursement), and Medicare premiums.

Texas HIV Medication Program

Telephone: 1-800-255-1090

Website: <https://www.dshs.texas.gov/hivstd/meds>

Description: The government funded AIDS Drug Assistance Program (ADAP) for the State of Texas provides insurance assistance services and medications for the treatment of HIV and its related complications for low-income Texans.

The Prosthetic Foundation

Telephone: 210-237-4400

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

Description: Helps uninsured and underinsured amputees throughout Texas to not only receive a prosthesis but receive the follow up care to ensure a successful outcome.

Vital Options International Selma Schimmel Vital Grant

Website: <https://www.vitaloptions.org/assistance>

Description: The grant program will assist those facing a significant financial hardship due to the diagnosis of a chronic, terminal or rare condition such as cancer, Parkinson's, Huntington's Disease or many others.

Astra Zeneca Prescription Savings Program

Telephone: 1-800-292-6363

Website: <https://www.azandmeapp.com/>

Description: AZ&Me program provides medications at no cost to eligible patients who have been prescribed AstraZeneca medications and cannot afford them.

Bayer US Patient Assistance Foundation

Website: <https://www.patientassistance.bayer.us/en/>

Description: Charitable organization that helps eligible patients get their Bayer prescription medicine at no cost.

BD Insulin Syringe Assist Program

Telephone: 1-866-818-6906

Description: Helps individuals without private insurance, Medicare or Medicaid access BD Ultra-Fine Syringes at a reduced cost or for free based on income and program specific criteria. Call toll free number to apply.

Eli Lilly Cares Foundation Patient Assistance Program

Telephone: 1-800-545-6962

Website: <https://www.lillycares.com/>

Description: Charitable organization that provides prescribed Eli Lilly medications for free for up to 12 months to qualifying U.S. patients.

Glaxo Smith Kline Bridge to Access Program

Telephone: 1-866-728-4368

Website: <https://gskforyou.com/>

Description: Offers to help eligible patients get access and financial support for the GSK medicines they need with coupons and free trial offers, copay assistance, and patient assistance program.

Medtronic Financial Support Programs

Telephone: 1-800-646-4633

Website: <https://www.medtronicdiabetes.com/financial-support-programs>

Description: If you lose your job and health insurance, you may receive up to 3 months of insulin pump/diabetes supplies at no cost. Offers payment deferral, copayment assistance, and financial aid to those who are significantly impacted with overall healthcare costs.

Merck Helps Patient Assistance Program Patient Assistance Program

Telephone: 1-800-727-5400

Website: <https://www.merckhelps.com/>

Description: Provides certain medicines and adult vaccines for free to people who do not have prescription drug or health insurance coverage and who, without assistance, cannot afford their Merck medicine and vaccines.

Needy Meds

Telephone: 1-800-503-6897

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

Description: Improves access to affordable healthcare for individuals in need including directory of affordable clinics, private or government-funded organization offering programs that help with costs associated with specific diagnosis, patient assistance programs that provide free or discounted medicines to people who are unable to afford them, and printable coupons rebates, free trial offers, samples, and savings cards.

Novartis Patient Assistance Foundation

Telephone: 1-800-277-2254

Website: <https://pap.novartis.com/>

Description: Provides Novartis medications free of cost to eligible patients.

Novo Care Patient Assistance Program

Telephone: 1-866-310-7549

Website: <https://www.novocare.com/diabetes/help-with-costs/pap.html>

Description: Provides medication at no cost to those who qualify from Novo Nordisk. There is no registration charge or monthly fee for participating.

Pfizer Rx Pathways Patient Assistance Programs

Telephone: 1-866-706-2400

Website: <https://www.pfizerRxpathways.com/resources/patients>

Description: Provides free Pfizer medicines to eligible patients through their doctor's office or at home.

Rx Assist

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

Description: Comprehensive directory of Patient Assistance Programs.

Rx Outreach

Telephone: 1-866-796-1234

Website: <https://rxoutreach.org/patient-assistance-programs/>

Description: Information on prescription assistance programs, free glucose monitor annually, low-cost prescriptions-some listed for \$0.

Sanofi Patient Connection

Telephone: 1-888-847-4877

Website: <https://www.sanofipatientconnection.com/>

Description: Provides Sanofi medication at no cost to patients who meet eligibility requirements and identifies additional resources and support.

Hearing Loss Association of America

Website: <https://hearinglossfortworth.com/>

Description: Provides support, advocacy, resources, and education.

United Ostomy Association of America

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

Description: Provides education, resources, advocacy, assistance programs, and support group finder to support groups in the DFW area.

General Resource Search Engines

Find Help Denton

Website: <https://findhelp.dentoncounty.gov/>

Description: Provides one location where the community can have access to updated resources in over 100 languages.

Find Treatment.gov

Website: <https://findtreatment.gov/>

Description: Comprehensive, confidential, and anonymous resource for people seeking treatment for mental and substance use disorders.

2-1-1 Texas

Website: <https://www.211texas.org/>

Description: Free, anonymous hotline available 24 hours a day, 7 days a week, 365 days a year, no matter where you live in Texas to find information about resources in your local community.

The National Association of Free and Charitable Clinics

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

Description: Find access to healthcare for uninsured and underinsured in communities across the U.S.