COMMUNITY MENTAL HEALTH RESOURCES
PROVIDED TO YOU BY
THE STAR LABORATORY
AT THE UNIVERSITY OF NORTH TEXAS

Need Help Now?
Mental Health Crisis Phone Lines:

National Suicide Prevention Lifeline
988

Love is Respect
Resources For Young People To Prevent Unhealthy Relationships & Intimate Partner Violence
1 (866) 331-9474

National Sexual Assault Telephone Hotline
(800) 656 - HOPE (4673)

Denton County MHMR Crisis Hotline
1 (800) 762-0157

Strong Hearts
1 (800) 799-SAFE (7233)

Disaster Distress Helpline
1 (800) 985-5990

National Domestic Violence Hotline
1 (800) 656-4673

BlackLine
Geared toward Black, Brown, Native, and Muslim community
1-800-604-5841

National Runaway Safeline
800-786-2929

Trans Lifeline
(877) 565-8869

Need Information or Support?
Non-Crisis Helplines:

Community Resources
Financial Support, Food, Housing, Clothing, etc.
211

StrongHearts Native Helpline
1 (844) 762-8483

Free, confidential Support from Peers
https://warmline.org/

Desi LGBTQ+ helpline for South Asians
(908) 367-3374.

Legal Support
(312) 427-8990

National Eating Disorder Association
(800) 931-2237

Don't/Can't Call?
Mental Health Crisis Text Lines:

Love is Respect
Resources For Young People To Prevent Unhealthy Relationships & Intimate Partner Violence
LOVEIS to 22522.

Steve Fund
Crisis support for young people of color
text STEVE to 741741

Lifeline Chat
connect with counselors for emotional support and other services
text 988

National Crisis Text Line
text "HOME" to 741741
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UNT Psychology Clinic
Outpatient Therapy and Psychological Testing
Terrill Hall, Room 171
1611 W. Mulberry St. Denton, TX
(940) 565-2631
https://psychology.unt.edu/clinics-and-centers/psychology-clinic

CCD Counseling Center of Denton
Community-based services
1512 Scripture St. Denton, TX
1300 Fulton street, suite 402, Denton, TX
(940) 382-5328
https://www.cccdounseling.com/

Naturally You, Integrative Health
Counseling, Energy Balancing
215 E University Dr. Denton, TX
(940) 484-6275
https://www.nat-you.com/

Frisco Mental Health Services
Psychiatry
255 Lebanon Rd Suite 224, Frisco, TX 75036
(214) 531-7407

Sante Center for Healing
Addiction Treatment Therapy & Residential Treatment Program
914 Country Club Rd. Argyle, TX
(866) 238-3158
Santecente.com

First Step Denton
Counseling, Educational, and Intervention Programs
1406 North Corinth St. #401 Corinth, TX
(940) 497-5576
Firststepdenton.com

CASA Denton
Court Appointed Special Advocates for Children
614 N. Bell Ave. Denton, TX
(940) 243-2272
Casadenton.org

Harvest Counseling and Wellness
Counseling (Individual, Marriage, Premarital, Family), Therapy (Child, Play, Teen, & Adolescent), Nutrition, & Mindfulness Practices
142 Old Town Blvd N. #200 Argyle, TX
(940) 294-7061
https://www.harvestcounselingandwellness.com/

Carrollton Springs Changes
Mental Health Clinic
6870 Lebanon Rd Suite 300, Frisco, TX 75034
(469) 850-2240

Reflections Lifestyle Center
Partial Hospitalization Program & Intensive Outpatient Program
4901 Windhaven Parkway, #200
The Colony, TX 75056
https://reflectionsllifestyle.com/

Connections Wellness Groups
Psychiatry, Therapy, Counseling
3312 Teasley Lane #100
Denton, TX 76201
(940) 360-4245 & (940) 222-2399
https://connectionswellnessgroup.com/

Child and Family Resource Clinic
Counseling, Parent Education, Psychoeducational Assessment
Matthews Hall Annex
1180 Union Circle, Denton, TX
(940) 565-2066
https://coe.unt.edu/child-and-family-resource-clinic

Friends of the Family
Emergency Shelter, Transitional Housing, Counseling, Legal Help, Batter Intervenion and Prevention
4845 S I-35 E, #200 Corinth, TX
(940) 382-7273
https://dfclot.org/servicesandprograms/

Livewell Counseling Denton
Strength-Based, Trauma Informed, and Culturally Aware Individual Therapy
1405 N Elm St, Denton, TX
(940) 260-0011
https://livewellcounselingdenton.com/

MindPath Health
Mental Health Support - Psychiatric Eval all ages, Counseling, Medication Management, Couples Therapy, CBT, Family & Marriage Counseling “Telehealth Available
Locations in Dallas, Ft. Worth, Frisco, & Southlake
https://www.mindpath.com/location/dallas-fort-worth/

Ascend Counseling and Neurotherapy
A Center for Trauma Healing
3201 Teasley Ln, Denton, TX
(940) 218-6594

Family Tree Program
Family Counseling
1614 Scripture St, #200 Denton, TX
(888) 837-0666 ext 2

Lifepath Systems
Mental Health Service
1515 Heritage Drive, McKinney, TX 75069
(972) 562-0190