

Local Mental Health Resources

Although everyone experiences normal “ups and downs,” when unhappiness becomes excessive or people are consistently dealing with unmanageable feelings such as extreme anxiety, sadness, or anger, it may be time to get some professional support. Mental health professionals can be an important resource and no one should feel ashamed to seek out this kind of support. Below are some potentially useful local resources if you or someone you know has concerns about any mental health issues.

*If you are a UNT student, reach out to the **UNT Counseling and Testing Services Office** for **FREE** services*

940-565-2741

counselingandtestingservices@unt.edu

Chestnut Hall- Suite 311

<https://studentaffairs.unt.edu/student-counseling>

University of North Texas Psychology Clinic

Terrill Hall, Room 171

1611 W. Mulberry Street, Denton

(940) 565-2631

University Behavioral Health of Denton

2026 W. University Drive, Denton

(940) 320-8100

CCD Counseling Center of Denton

1512 Scripture Street, Denton

(940) 382-5328

North Texas Psychiatry and Psychotherapy

914 N. Locust Street, Denton

(940) 387-6250

Cook Children’s Behavioral Health Center

3304 Colorado Blvd #101, Denton

(682) 885-3917

Denton Child and Family Clinic

529 Malone Street, Denton

(940) 566-4949

Child and Family Resource Clinic

1180 Union Circle, Denton

(940) 565-2066

National Alliance on Mental Illness (NAMI) HelpLine

800-950-NAMI (6264)

The NAMI HelpLine offers information about mental health conditions, helping family members get treatment, and referrals to support groups, psychologists, and psychiatric hospitals. Monday-Friday, 9 a.m.-5 p.m. CST.

Need Help Now?

Call 911

1-800-SUICIDE (1-800-784-2433)

1-800-273-TALK (1-800-273-8255)

Text: 1-800-7994TTY (1-800-799-4889)

Mental Health Crisis Lines

Crisis Text Line

Text **HOME** to **741741**

National Suicide Prevention Lifeline

800-373-8255 (English)

888-628-9454 (Español)

Denton MHMR Crisis Line

<http://www.dentonmhm.com/crisis.html>

Crisis Hotline

800-762-0157

24 hours/ 7 days a week

Suicide and Crisis Center of North Texas

214-828-1000

Here for Texas Line

<https://www.herefortexas.com/Get-Help-Now.html>

Mental Health Navigation Line

972-525-8181

10 a.m. to 6 p.m. M-F

Veterans Crisis Line

800-273-8255 (Press 1)

Text **HOME** to **838255**

Veterans Crisis Line offers free, confidential, 24/7 support, even if you're not registered with VA or enrolled in VA health care

Trans Lifeline

877-565-8860

The Trevor Project

866-488-7386

TrevorText: Text **START** to **678678**

The Trevor Project's 24-hour toll-free confidential crisis and suicide prevention helpline offers help for lesbian, gay, bisexual, transgender and questioning youth.

North Texas Crisis Line (including Mobile Crisis Outreach Team)

866-260-8000

Collin County Lifepath Systems Mobile Crisis Outreach Team

877-422-5939