YOUTH MENTAL HEALTH RESOURCES
PROVIDED TO YOU BY
THE TEEN 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)

Trans Lifeline
(877) 565-8869

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

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

Disaster Distress Helpline
1 (800) 985-5990

The Trevor Project (LGBTQ+)
(866) 488-7386

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

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/

Teens Link
confidential and anonymous helpline for teens
1 (866) 833-6546

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

Legal Support
(312) 427-8990

National Eating Disorder Association
(800) 931-2237

Texas Youth Helpline
Help with finding a counselor, safe shelter, legal information, and other referral information for youth and their families
call or text: 800-989-6884

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

TrevorText (LGBTQ+)
text "START" to 678678

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

Teen Link
confidential and anonymous helpline for teens
1 (866) 833-6546

National Crisis Text Line
text "HOME" to 741741

Texas Youth Helpline
Chat online at dfps.state.tx.us/youth-helpline
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
(940) 382-5328
https://www.ccdcounseling.com/

Cook Children’s Behavioral Health Center
Inpatient & Outpatient Programs; Partial Hospitalization; Clinical Therapy
3304 Colorado Blvd. #101 Denton, TX
(940) 484-4311
https://locations.cookchildrens.org/tx/denton/3304-colorado-blvd-psyche-denton

Behavioral Health and Family Services
Substance use outpatient treatment for adolescents
860 Hebron Parkway, Suite 302, Lewisville TX
(866) 943-7779
https://behaviorfamily.com/

Phoenix House Dallas
Residential and outpatient drug and alcohol addiction treatment for teens
Hill A. Feinberg Academy and Counseling Center
2345 Reagan St., Dallas TX
(214) 999-1044
https://phoenixhoustx.org/locations/dallas/

Elevate North Texas Youth Shelter
Youth homelessness
1901 E. Peters Colony Rd., Carrollton, TX
(214) 556-5916
https://www.elevatentx.org/

Roots Adolescent Renewal Ranch
Inpatient Program for adolescent girls
819 Indian Trail
Argyle, TX 76226
(940) 289-5548
https://rootsrenewalranch.com/

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

Connections Wellness Groups
Psychiatry, Therapy, Counseling
3312 Teasley Lane #100
Denton, TX 76210
(940) 314-4156
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

Excel Center Lewisville
Partial hospitalization and intensive outpatient programs for adolescents with emotional and behavioral problems; PRIDE+ program for LGBTQ+
401 N. Valley Pkwy, Ste. 100 & 200, Lewisville TX
(972) 906-5522
https://excelcenterlewisville.com/

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/