

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.ccdcounseling.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) 551-7407

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) 850-2040

Reflections Lifestyle Center

Partial Hospitalization Program & Intensive Outpatient Program
4901 Windhaven Parkway, #200
The Colony, TX 75056
<https://reflectionsstyle.com/>

Connections Wellness Groups

Psychiatry, Therapy, Counseling
3312 Teasley Lane #100
Denton, TX 76210
(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, Battering Intervention and Prevention*
4845 S I-35 E, #200 Corinth, TX
(940) 382-7273
<https://dcfof.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 Evals 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