

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/>

Teen 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

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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

(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://phoenixhousetx.org/locations/dallas/>

Elevate North Texas Youth Shelter

Youth homelessness

1901 E. Peters Colony Rd., Carrollton, TX

(214) 556-5916

<https://www.elevatentx.org/>

CASA Denton

Court Appointed Special Advocates for Children

614 N. Bell Ave. Denton, TX

(940) 243-2272

Casadenton.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://reflections lifestyle.com/>

Connections Wellness Groups

Psychiatry, Therapy, Counseling

3312 Teasley Lane #100

Denton, TX 76210

(940) 314-4156

<https://connections wellnessgroup.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/>

