



The Magdalen House

A RECOVERY COMMUNITY
FOR ALCOHOLISM

DETOX & TREATMENT

Cenikor	1-888-CENIKOR (236-4567)	Irving & multiple other locations	• Detox & residential treatment • Accepts insurance & offers financial assistance if uninsured
Carrollton & Collin Springs	Carrollton: 972-242-4114 Collin: 469-885-8901	Carrollton & McKinney	• Mental health & dual diagnosis treatment • Medical detox, PHP, & IOP • Take most private insurances, private pay, and accepts Medicaid & Medicare • Will provide transportation within 25 miles
Homeward Bound	214-941-3500	Dallas & Other Locations	• Detox admissions are Monday-Friday 8 am-4 pm on a first-come, first-serve basis • Residential treatment, outpatient, & crisis services • Accepts those with or without insurance
La Hacienda Treatment Center	830-251-4947	Hunt	• Detox, residential, co-occurring disorders, & trauma therapy • Women & men • Private insurance
Men of Nehemiah	214-421-6705	Dallas	• No cost long-term treatment for alcohol & substance abuse • Faith-based, military style, & 12-step focused • Men ONLY • 18+
Nexus Family Recovery Center	214-321-0156 ext. 3118	Dallas	• Medical detox, residential & outpatient services • Women ONLY • Programs tailored to pregnant & parenting mothers • Accepts those with or without insurance
OSAR Texas Health & Human Services	OSAR Line: 844-275-0600 Crisis Hotline: 866-260-8000	Texas	• Will provide referrals to detox, treatment, & other mental health resources • OSAR line is for North Texas screenings; crisis hotline is available 24/7
Richardson Methodist Health System	469-204-6920	Richardson	• 24/7 Admissions • Dual diagnosis treatment • Ages 18+ • Accepts most insurances and has private pay option for services
Stonegate Center	817-440-7616	Azle	• Detox & residential treatment • Women & men (gender-specific facilities) • Private insurance
The Fullbrook Center	817-717-7898	Fort Worth	• Addiction & trauma treatment • Detox, residential, PHP, & IOP • Women ONLY • Private insurance
The Haven Texas	888-219-6895	Multiple Locations	• Medical detox facility • Accepts all insurance including Medicaid & Medicare • Will provide transportation

SOBER LIVING

24 Hour Club	214-823-3200	Dallas	• Structured transitional recovery housing • Women & men • Initial no-cost admission until employment • Phase 1: \$98/week, Phase 2: \$133/week
Anastasia House	817-909-0550	Rowlett	• 12 step-based, structured sober living • Women ONLY • \$290/week • Offers scholarships
Cardinal House	214-897-3092	Dallas, Frisco, Plano, & Richardson	• Structured sober living • Men ONLY • \$1000/month • Scholarships offered through "Living Amends"
Directions	972-877-8523	Irving	• 12-step-based, highly structured sober living • Men ONLY • Must have some sort of ID • \$200-250/week
Elevated Sober Living	214-354-4598 elevatedsoberliving@gmail.com elevatedsoberliving.com	Plano (Women)	• Women ONLY • Apply online or by email for application • \$260/week
Free Man House	Women's: 469-740-1043 Men's: 214-676-2693	Dallas	• Faith-based, structured sober living • Women & Men • \$175/week
Hope is Alive	844-3-HOPE-NOW hopeisalive.net	Dallas	• Faith-based, 12-Step structured sober living • DFW house is men ONLY • \$750/month
Oxford House	800-689-6411 oxfordvacancies.com	National	• Women, women & children, & men's houses • Applicants must call first to set up an interview • Check openings on website • Prices vary, usually \$125-250/week
Simply Grace	214-774-9808	Dallas, Plano, Richardson, & Fort Worth	• Structured sober living with optional IOP • Women ONLY • Volunteer & job skills opportunities are available • \$235-\$260/week • Scholarships offered through "Living Amends"
Sober Living America	877-430-0086	Dallas, Fort Worth, & Houston	• Apartment-style sober living with roommates • Women & men • Career support & transportation services • \$275/week (scholarships available, funds not required)
The Altruistic Movement	940-315-0036	Dallas	• Women ONLY • Structured, 12 step based • \$1000/month
The Esperanza	214-995-8255	Dallas	• Structured sober living apartment community • 21+ Women & men • Pet friendly • \$1595-1795/month

HOUSING & SHELTER

Austin Street Center	214-428-4242	Dallas	• Women: 18+, Men: 45+ • Walk-up intake: availability on a lottery system • Valid ID required, max of two bags no more than 25 lbs each • Provide many wrap-around services and programs
Family Gateway	214-823-4500 familygateway.org	Dallas (Dallas & Collin county residents ONLY)	• Accepts all types of families • Emergency shelter, supportive/rapid housing, general & vocational case management • Online application, must have proof of residency (prior is acceptable)
Genesis Women's Shelter	214-946-4357	Dallas	• Women & children fleeing domestic violence • Emergency shelter & transitional housing • Counseling & legal services
Giving Grace	940-382-0609	Denton	• Emergency shelter, permanent supportive housing with intensive case management, & rapid re-housing program • Takes families • Fill out a request for service form online
SafeHaven of Tarrant County	877-701-7233	Arlington & Fort Worth	• Emergency shelter, transitional housing, case management, & legal support • For women & their children fleeing domestic violence
The Bridge	214-670-1507	Dallas	• Daytime resource center & emergency night shelter for adults • Daily 12-step meetings onsite • Provide services that address both basic needs & long-term solutions
The Family Place	214-941-1991	Dallas	• Families & individuals fleeing domestic/family violence • Emergency shelter & transitional housing • Medical, dental, legal, & counseling services for shelter residents/clients
The Salvation Army of North Texas	Dallas: 214-424-7050 salvationarmyntx.org/north-texas/provide-housing	North Texas	• Emergency shelter, family housing case management program, & supportive/transitional housing • Multi-dimensional social services agency located in multiple North Texas cities
The Samaritan Inn	972-542-5302	McKinney (Collin County residents ONLY)	• Adults (children allowed) • Drug test & background check upon intake (must be 30 days substance-free) • Valid ID & SSN required for intake • Length of stay on a case-by-case basis

HEALTHCARE

Agape Clinic	972-707-7782	Dallas	• Free medical, dental, & behavioral health services • \$50 donation appreciated • No income verification required
Community Health Clinic: Catholic Charities	972-547-0606	McKinney (Collin County residents ONLY)	• For low-income residents of Collin County only • Must be uninsured • Enrollment appointment required; must provide proof of income & residency
Dental Hygiene at El Centro	214-860-2000	Dallas	• Free dental cleaning, X-rays, dental health/oral cancer screenings, & more • Appointment based
Golden Cross Clinic	214-947-6700	Dallas (Dallas County residents ONLY)	• Low-cost health clinic with multiple specialties • Prescription assistance • Insurance & sliding scale self-pay
Healing Hands Ministries	214-221-0855 hhmhealth.org	Dallas	• Dental, vision, behavioral, pediatric, women's health, & pharmacy • Fill out the online form; must provide proof of income • Accepts most insurances, sliding scale fee for uninsured/underinsured patients • 6-9 month opioid and SUD individual clinical counseling program, free or low cost services
Jewish Family Services Clinic	469-780-4590	Dallas	• Healthcare & behavioral health • Accepts Medicaid, Medicare, & most insurance • Income-based discounts are offered
Julia's Center for Healthcare	972-535-5099	Plano (Collin County residents ONLY)	• Basic medical services, women's health, eye clinic, & orthopedic services • Clinic is open Tuesday & Thursday; by appointment only • Uninsured/underinsured • Free services to those who qualify; donations encouraged/may be requested.
Prism Health	214-521-5191 phntx.org/locations	Dallas	• Healthcare, dental, behavioral health, & pharmacy • Multiple locations in Dallas • Accepts Medicaid, Medicare, & most major insurance plans • Sliding scale & financial assistance program available (proof of income required)
Watermark Urgent Care	Skillman Clinic: 469-317-0028 Mobile Clinic: 214-613-1622	Mobile	• Treatment for coughs, colds, flu, infections, earaches, rashes, lacerations, minor traumas, & injuries • \$10 contribution recommended

MENTAL HEALTH

Aadhar (NTBHA)	972-267-5976	Plano	• Sliding scale, low-cost services for those who qualify (proof of income required) • Psychiatric evaluation, case management, counseling/therapy, medication management, educational workshops • All ages
Family Tree Program	888-837-0666 940-837-7517 (local)	Dallas & Denton (Dallas & Denton County residents ONLY)	• Free counseling for eligible families • Short term: family counseling, youth skills classes, & parenting skills classes • Online request for services
Here for Texas Navigation Line	972-525-8181	Dallas	• Mental health resources navigation line • Monday-Friday 10 am-6 pm • English & Spanish
Metrocare	Admin Office: 214-743-1200 Crisis Hotline: 214-743-1215	Dallas	• Mental health, chemical dependency, pharmacy, social services for adults, children, homeless, & veterans • Sliding scale and works with government plans (will NOT turn people away based on ability to pay)
NTBHA (North Texas Behavioral Health Authority)	Crisis Hotline: 866-260-8000 Information: 214-366-9407	Dallas	• Referrals to mental health/substance abuse resources • Offer assistance with ID/ critical documents, transportation, recovery support services • Bilingual services available
Recovery Resource Council	817-332-6329	Fort Worth, Dallas, & Denton	• Counseling, screenings, assessments, & addiction treatment • Permanent supportive housing services • Veteran & family support services • Most services are provided free of charge, some are low cost
Richland Oaks Counseling Center	469-619-7622	Richardson, Plano, McKinney, & Prosper	• Counseling & psychological assessments • Sliding scale, low cost or free to those eligible • Family Tree Program offered
Texas Eating Disorder Solutions	469-429-1401	Weatherford	• Eating disorder treatment • Residential, PHP, IOP, & therapy support • Accepts most insurance

COMMUNITY

ASPIRE	214-824-2000 aspiretolearn.org	Dallas	• ESL, GED prep, adult basic education, workforce training, early childhood education, & family literacy • \$40 for ESL, GED & adult basic education • Register online • Classes in-person & online
Brother Bill's Helping Hand	214-638-2196 bbhh.org	Dallas	• Grocery store: appointment needed (online sign-up) • Healthcare clinic: care for uninsured/underinsured adults (donations suggested for services) • Other programming: cooking classes, children's programs, senior classes, & adult education classes
Catholic Charities: Dallas	866-223-7500	Dallas	• Multi-dimensional organization that provides many services, including fixed/mobile food pantries, educational services, & many other social services
Dallas Christian Women's Job Corps	214-324-5665 dallascwjc.org	Dallas	• Tuition-free 8-week signature Workforce Readiness & Life Skills course • Enroll on website
Dallas Volunteer Attorney Program	214-243-2236	Dallas	• Legal aid for cases including bankruptcy, custody, child support, divorce, tenancy, & more • In person & virtual
Dogs Matter	214-714-8460 info@dogsmatter2.org dogsmatter2.org	Dallas	• Pet fostering services while the owner is in treatment • Must fill out temporary surrender application online • Must be actively seeking treatment or in recovery • Prioritizes those going to treatment for 90+ days
Dress for Success	972-392-9770	Dallas	• Leadership program, employment retention classes, & job training • Boutique for work clothing
Guiding Minds Ministries	214-613-6999 guidingmindsed.com	Dallas	• Career placement for individuals with criminal backgrounds • Education classes: anger management, substance abuse courses, life skills programs, & more • Intake must be done via an online form
Heart of Courage	214-744-3814 972-920-6510	Dallas	• Education, court advocacy, mentoring, support groups, & job readiness for mothers' who have lost custody of their children
Hope Cottage	Hope Cottage: 214-526-8721 CeCe's Place: 214-521-4675	Dallas	• Pregnancy education, as well as counseling & adoption services • Joined "CeCe's Place" a clinic providing pregnancy confirmations, pre-natal care, & counseling/education
Irving Cares	972-721-9181	Irving (Irving residents only)	• Food pantry, rent & utility assistance, job search, & certification • For Irving residents only, including former Irving residents moving to another county for sober living
Jewish Family Services	972-437-9950 jfsdallas.org	Dallas	• Counseling, support groups, career & financial services, & food pantry • Food pantry is restricted to 23 zip codes; check website for locations & to make an appointment
Jubilee Park & Community Center	214-887-1364	Dallas	• Affordable housing initiative, free meals for children & seniors, ESL classes, early childhood education, computer literacy, & workforce certification • Free mental health services
Legal Aid of Northwest Texas	888-529-5277 leaglaidtx.org/locations	Northwest Texas (Multiple Locations)	• Does NOT cover criminal, business, or immigration • Online application available; check website for your nearest location
Metrocrest Services	972-446-2100 metrocrestservices.org	Carrollton (specific zip codes ONLY)	• Food pantry, housing (rent/utility assistance), employment coaching, financial education, & senior services • Pre-screening application online for services
New Friends New Life	214-965-0935	Dallas	• Access to education, job training, interim financial assistance, mental health, & spiritual support for trafficked, & exploited women/children • Offers free legal services to members of the program

North Texas Food Bank	214-330-1396 ntfb.org	Plano (Distribution all over North Texas)	• Food assistance & disaster relief • Has both mobile & fixed location food distribution (schedule & locations on website)
On the Road Lending	214-226-2542 ontheroadlending.org	Irving	• Affordable loans for low-income individuals to purchase fuel-efficient vehicles • Application & phone screening required
Operation Hope	888-388-4673	Dallas	• Coaching for credit & money management, homeownership, small business development, financial disaster recovery, & more
Opportunity Resource Services	817-241-4141	Cleburne (Dallas, Johnson & Tarrant Counties ONLY)	• Assistance with higher & continuing education, including application, & transcript costs
OurCalling	214-444-8796	Dallas	• Homeless outreach center (daytime only): provides laundry, showers, clothing resources, food, free WiFi, & more • Specialized services: medical & mental health, SNAP, ID, intake for rehabs, & housing assistance
The Phoenix	thephoenix.org		• App to connect with classes and events at The Phoenix • Social events, meditation, group fitness, running/hiking, and more • Free to anyone with 48 hours of continuous sobriety
Society of St. Vincent de Paul	469-607-0909	Dallas	• Utility and rent assistance, microloans, free/low cost pharmacy, food assistance, & more • Medical clinic open to those uninsured/underinsured
The Senior Source	4469-966-7192	Dallas	• Financial assistance & money management, employment services, medicare counseling, computer literacy classes, utility assistance (60+ Dallas/Collin County residents) & more
South Dallas Employment Project	southdallasemploymentproject.org	Dallas	• Provides resources for employment, housing, transportation, health, wellness, & recovery, digital access & literacy • Collaborates with over 250 non-profit and for-profit organizations, including the City of Dallas to provide access to these resources
The Stewpot	214-746-2785	Dallas	• Services for those experiencing homelessness • Grocery distribution, food pantry, & ID services • Parkland & Metrocare medical, mental health, & dental clinics • Housing services are on a referral basis ONLY
Twelfth Step Ministries	214-265-7192	Dallas	• Multiple 12 step-based daily groups including: AA, NA, CA, DA, SAA, etc • No one under 18 allowed on premises
Unlocking Doors	214-296-9258	Dallas & Fort Worth	• Women & men's re-entry service with case management, navigation, & monitoring • Application, intake, & \$10 processing fee required
White Rock Center of Hope	214-324-8996 whiterockcenterofhope.org	Dallas (specific zip codes ONLY)	• Food pantry, clothing closet, financial assistance, financial education, & career services • Online application for financial assistance
Women's Center of Tarrant County	817-927-4040	Fort Worth	• Rape crisis & victim services, violence prevention & education, employment solutions, legal clinics, & general counseling

SERVICIOS Y RECURSOS EN ESPAÑOL

Healing Hands Ministries	214-221-0855 hhmhealth.org	Dallas	• Programa de consejería clínica individual para el trastorno por uso de opioides y Trastorno por Consumo de Sustancias, con duración de 6 a 9 meses; servicios gratuitos o de bajo costo
Here for Texas Navigation Line	972-525-8181	Dallas	• Línea disponible en español para conectar a individuos con recursos de salud mental y recuperación de adicciones
Cenikor Programa Virtual de Apoyo Ambulatorio en Español	888-236-4567	Irving	• Programa de Apoyo Ambulatorio en español • Aceptan pacientes sin seguro medico

For more information or additional resources, please contact:

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