

Key			
9	Low Cost		
(\$)	No Cost		
À	Women Only		
Ů	Men Only		

DETOX & TREATMENT	Contact	Location	Services	
Carrollton Regional Medical Center	972-492-1010	Carrollton	Medical detox admitted through ER Accepts Medicare, Medicaid, & most major insurances	
Cenikor	1-888-CENIKOR (236-4567)	Irving & multiple other locations	Detox & residential treatment Accepts insurance & offers financial assistance if uninsured	(S)
Center for Discovery	888-909-1409	Addison	 Eating disorder treatment IOP & PHP All ages Residential for ages 8-19 in Plano Accepts most insurances 	
Hickory Trail Hospital	972-299-3548	DeSoto	Detox, inpatient, IOP, PHP, & counseling Accepts most insurances	
Homeward Bound	214-941-3500	Dallas	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	844-941-0466	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+ 	\$ 1
Nexus Recovery Center	214-321-0156 ext. 3118	Dallas	 Medical detox, residential & outpatient services Child development center Programs tailored to pregnant & parenting mothers Accepts those with or without insurance 	©
Origins Recovery Center	844-276-3076	South Padre Island	Detox & residential treatmentMen ONLYPrivate insurance	Ů
OSAR Texas Health & Human Services	OSAR Line: 844.275.060024/7 Crisis Hotline: 866-260-8000	Texas	Will provide referrals to detox, treatment, & other mental health resources The number listed is for North Texas	
Park Cities Medical Detox	214-647-5353	Dallas	 Medical detox admissions via phone screening Accepts Medicare, most major insurances, & private pay options Will provide transportation 	
Stonegate Center	817-398-3998	Azle	Detox & residential treatment Women & men (gender-specific facilities) Private insurance	
Texas Eating Disorder Solutions	855-578-5100	Weatherford	Eating disorder treatment Residential, PHP, IOP, & therapy support Accepts most insurance	
Texas Health Huguley Hospital	817-568-5950	Burleson	Medical detox admitted through ER or by appointment Walk-ins Monday-Friday 8 am-4 pm	

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The Fullbrook Center	855-924-3579	Fort Worth	 Addiction & trauma treatment Detox, residential, PHP, & IOP Women ONLY Private insurance 	*
The Haven Texas	903-609-0544	Farmers Branch	Medical detox facility Accepts all insurance including Medicaid & Medicare Will provide transportation	
The Retreat	866-928-3434	Wayzata, MN	 Residential 12-step-based treatment Women & men (gender-specific facilities) Private insurance 	
Valley Hope	817-424-1305	Grapevine	Detox, residential, IOP, & family care Accepts insurance, private pay, & payment plans	
SOBER LIVING	Contact	Location	Services	
24 Hour Club	214-823-3200	Dallas	 Structured transitional recovery housing Women & men Initial no-cost admission until employment Phase 1: \$84/week, Phase 2: \$119/week 	©
Cardinal House	214-897-3092	Dallas, Frisco, Plano, Richardson	Structured sober livingMen ONLY\$850-\$1100/month	
CLEAN Cause	hello@cleancause.com		Grants 30-day recovery housing scholarships	
Elements Swiss Avenue	405-686-8854	Dallas	 Multiple options for structured sober living Participation in therapy required Women & men \$3500-\$5000/month 	
Elevated Sober Living	214-354-4598 elevatedsoberliving@gmail.com elevatedsoberliving.com	Plano (Women's House) & McKinney (Men's House)	Women & menApply online or by email for application\$260/week	
Free Man House	Men's Intake: 214-676-2693 Women's Intake: 469-740- 1043	Dallas	 Faith-based, structured sober living Women's & Men's Houses \$715/month 	6
Janie's Place	469-822-3167	Carrollton & Dallas	Women ONLY Therapist & recovery support specialist onsite Carrollton: \$950/month Dallas: \$1050/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 \$125-150/week 	<u></u>
Patton Sober Living	972-656-9662	Dallas & Richardson	Structured sober living Men ONLY \$4500/month	Ů
Real Deal Sober Living	469-599-2162 rdsoberliving.com	Dallas & Richardson	Women & menScholarships available on the website\$900-1,700/month	
Simply Grace	214-774-9808	Dallas, Plano, Richardson, & Fort Worth	 Structured sober living with optional IOP Women ONLY; also have a Mommy & Me house Volunteer & job skills opportunities are available at Simply Grace thrift store located in Richardson \$200-220/week 	

SOBER LIVING	Contact	Location	Services	
Sober Living America	877-430-0086	Dallas, Fort Worth, & Houston	 Apartment-style sober living with roommates Women & men Career support & transportation services \$800/month 	
Solutions of North Texas	940-898-6202 sontx.org	Denton	 Highly structured sober living with clinical, case management, & legal support Women & men \$250/week Food & transportation expenses included Scholarships available on the website 	
Suzy's Place	972-965-8148	Little Elm	 Women ONLY Ages 17-60 Transportation provided within a five-mile radius for the first three months \$880/month (food included) 	
The Esperanza	214-995-8255	Dallas	 Structured sober living apartment community 21+ Pet friendly \$1610-1810/month 	
Windhaven House	972-948-2612	Dallas	 Structured transitional sober living Women ONLY In-house IOP required \$6500/month 	*
HOUSING & SHELTER	Contact	Location	Services	
Austin Street Center	214-428-4242	Dallas	Women: 18+, Men: 45+ Walk-up intake: availability on a lottery system Valid ID required, maximum of two bags no more than 25 lbs each Provide many wrap-around services and programs	\$
CitySquare	469-904-7060	Dallas	Housing assistance & case management, including homeless outreach & crisis line Food pantry is by appointment only	\$
Dallas Life	214-421-1380	Dallas	 Valid ID & SSN required at intake First three nights offered for free, then \$15/night; children stay for free 10-month program with GED assistance, resume prep, job search assistance, & more 	(a)
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)	\$
From Ordinary to Extraordinary	214-272-7733	Dallas	Maternity home & resource center for pregnant women/teens experiencing domestic violence Cosmetology school/apprenticeship & medical field training programs	\$
Genesis Center North Texas	972-932-4351	Kaufman	Women & children in crisis (substance abuse, domestic violence, homelessness) Long-term facility, up to one year Job & GED training, medical & mental health resources, spiritual mentoring	\$
Genesis Women's Shelter	214-946-4357	Dallas	Women & children fleeing domestic violence Emergency shelter & transitional housing Counseling & legal services	\$

HOUSING & SHELTER	Contact	Location	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	\$
Hope's Door New Beginning Center	972-276-0057	Plano	 Adults & children fleeing domestic violence 90-day stay emergency shelter Non-shelter services: legal, victim advocacy, advancement training, community resources, & counseling 	\$
In My Shoes	945-239-3496	Dallas	18+ expectant mothers who are homeless or at risk of becoming homeless Transitional housing, individual & group therapy, food & clothing assistance, parenting & life skills training, work & school support	
Mosaic Family Services	214-823-4434	Dallas	Safe emergency housing for women & children fleeing domestic violence & human trafficking Comprehensive case management & assistance with legal, medical, & educational needs	\$
Our Calling	214-444-8796	Dallas	Homeless shelter & homeless outreach center (daytime only) Center provides laundry, showers, clothing resources, food, free WiFi, & more Specialized services: medical & mental health, VA, SNAP, ID, intake for rehabs, & housing assistance	(
Restored Hope Ministries	833-334-0035	Dallas	For women (aged 17- 45) and their children who have been victims of sex trafficking & sexual exploitation 12 to 24 months of transitional housing with spiritual & physical self-help programs	♦
SafeHaven of Tarrant County	1-877-701-7233	Arlington & Fort Worth	Emergency shelter, transitional housing, case management, & legal support For women & their children fleeing domestic violence	♦
Shared Housing Center	214-821-8510	Dallas (Dallas County residents ONLY)	 Housing & supportive services Group residence options available 21+	
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	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 Refer to website for the number of location that best fits your needs	\$
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) ID & Social Security Card required for intake Length of stay on a case-by-case basis 	\$

HEALTHCARE	Contact	Location	Services	
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	214-860-2301	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 	
Jewish Family Services Clinic	469-780-4590	Dallas	 Healthcare & behavioral health Accepts Medicaid, Medicare, & most insurance Income-based discounts are offered 	(10)
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.	
Oak Street Health	855-563-3674	North Texas	 Medicare ONLY PCP & insurance navigation Will provide transportation to appointments Multiple locations 	
Parkland Satellite Clinics	214-266-4000	Dallas (Dallas County residents ONLY)	Geriatric, primary care, pediatric, & women's health services Multiple clinic locations in Dallas Financial assistance & insurance assistance available Proof of residency required	
Prism Health	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) 	(0)
Talk About It Dallas	talkaboutitdallas.com	Online	Clinic finder by zip code with all listed resources.	
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	Contact	Location	Services	
Family Tree Program	888-837-0666	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	\$
Foundation 45	foundation45.org/i-need-help	Dallas (Texas Residents Only)	 Free group counseling sessions by LPCs In-person and virtual 18+ TX residents Free art therapy on the last Saturday of each month 	\$

Here for Texas Navigation Line	972-525-8181	Dallas	 Mental health resources navigation line Monday-Friday 10 am-6 pm English & Spanish 	
Medical City: Green Oaks	972-991-9504	Dallas	• In-patient, IOP mental health, & dual diagnosis care	
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)	(S)
NTBHA: Crisis Services	866-260-8000 ntbha.org	Dallas	 24/7 crisis hotline In-person services for people facing a mental health crisis Check the website for other mental health services & resources 	
Recovery Resource Council	817-332-6329	Fort Worth, Dallas, & Denton	Counseling, screenings, assessments, & addiction treatment Permanent supportive housing services Veteran & family support services	(S)
Richland Oaks Counseling Center	469-619-7622	Richardson, Plano, McKinney, & Prosper	Counseling & psychological assessments Sliding scale, low cost or free to those eligible Reduced fee services starting at \$50/session with supervised graduate students	
COMMUNITY	Contact	Location	Services	
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 	
Annie's Place	anniesplacecares.org	Dallas	Free childcare for parents/families to attend medical appointments (including mental health) Apply online for approval & scheduling	\$
Attitudes & Attire	214-630-1667	Dallas	Workshops to assist with job search, self-esteem, & wardrobe to enter the workforce Free dental services to those who complete core workshops & volunteer Low income only	\$
Autocare Haven	autocarehaven.org	Plano (Collin, Dallas, Rockwall, Denton & Tarrant Counties ONLY)	 Mobile mechanics, free vehicle repairs Does NOT include Body work, A/C, cruise control, power equipment, radio, transmission, or engine Apply online & allow 24-48 hours Must have valid insurance, ID, & proof of residency 	\$
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 	6
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	\$
Crossroads Community Services	469-860-6090	Dallas (Certain Dallas County zip codes ONLY)	Food pantry, food distribution, & food coaching By appointment only (call to schedule)	\$
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 Four clinic locations in Dallas	\$

COMMUNITY	Contact	Location	Services	
Dogs Matter	217-714-8460 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	6
Heart of Courage	972-920-6510	Dallas	Education, court advocacy, mentoring, support groups, & job readiness to mother's who have lost custody of their children	♦
Hope Cottage	Hope Cottage: 214-526-8721 CeCe's Place: 972-354-8713	Dallas	 Pregnancy education, as well as counseling & adoption services Joined "CeCe's Place" a clinic providing pregnancy confirmations, pre-natal care, & counseling/education 	6
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 group, career & financial services, & food pantry. Food pantry is restricted to 23 zip codes; check website for locations & to make an appointment 	9
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	internet.lanwt.org/locations	Northwest Texas (Multiple Locations)	General civil intake, including family law, wills & estates, landlord/tenant cases, public benefits, federal tax, & real property matters Must be 125% or below the federal poverty guideline Does NOT cover criminal, business, or immigration Online application available; check website for your nearest location	\$
Literacy Achieves	214-265-5057	Dallas	Adult English literacy program, early childhood education program, & student support services	\$
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	\$
Miles of Freedom	214-290-2337	Dallas	Re-entry Assistance Program: case management, job readiness workshops, & employment assistance Transition to Employment Program: paid work ethics training while utilizing resources provided by MOF to secure permanent employment	\$
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)	\$

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On the Road Lending	ontheroadlending.org	Irving	Affordable loans for low-income individuals to purchase fuel-efficient vehicles Application & phone screening required	6
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) Center provides laundry, showers, clothing resources, food, free WiFi, & more Specialized services: medical & mental health, SNAP, ID, intake for rehabs, & housing assistance	\$
Sharing Life Community Outreach	972-285-5819	Mesquite (specific zip codes ONLY)	 Food pantry, clothing closet, rent & utilities assistance Food pantry is appointment based & NOT zip code restricted Financial assistance is only available for certain Mesquite, Garland, Sunnyvale, Balch Springs, Seagoville, Rowlett, Rockwall, & Forney zip codes 	\$
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	\$
South Dallas Employment Project	214-432-3436	Dallas (South Dallas)	Provides programs/services for employment, housing, transportation, community reintegration, & digital literacy	\$
The Senior Source	214-823-5700	Dallas	Financial assistance & money management, employment services, utility assistance, medicare counseling, computer literacy classes, & more Utility services only available for 60+ Dallas or Collin County residents	\$
The Stewpot	214-746-2785	Dallas	 Services for those experiencing homelessness Grocery distribution, food pantry, ID services, & housing services Parkland & Metrocare medical, mental health, & dental clinics Housing services are on a referral basis ONLY 	\$
Unlocking Doors	214-296-9258	Dallas	Women & men's re-entry service with case management, navigation, & monitoring Application, intake, & \$10 processing fee required	<u>\$</u>
Well Grounded Community Coffee	214-918-3538	Dallas	Employs formerly incarcerated women or women in need of second chances	
White Rock Center of Hope	214-324-8996 whiterockcenterofhope.org	Dallas (75214, 75218, 75223, 75228, 75238 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	\$