

## General Resources - Trauma Survivors

- **2-1-1 Texas** - <https://www.211texas.org/>

2-1-1 is a free, confidential information and referral service that connects individuals and families to local resources in Dallas County. Trained specialists help callers navigate services related to mental health, substance use treatment, housing and shelters, food assistance, healthcare, utilities, domestic violence support, and more by matching needs to available community programs.

24/7, Call 2-1-1 or 877-541-7905 | For a more specific search, visit <https://www.211texas.org/advanced-search/>

- **Family Caregiver Alliance** – <https://www.caregiver.org/>

The Family Caregiver Alliance addresses the needs of family and friends providing long-term care for loved ones at home. It provides support, information, and tools to manage the complex demands of caregiving. These include online support and resources, navigators to help locate support services by state, and the National Center on Caregiving which unites research, policy, and practice to develop cost-effective programs for caregivers. Click the link to find out more about how FCA could help you or your family.

- **LGBT National Help Center** - <https://lgbthotline.org/>

Peer support staffed by trained LGBTQIA+ identified community members, never bots or AI to provide: A safe space, Respect to those who seek our help, Acceptance and affirmation, Supportive listening, Answers to factual questions, and Resources locally, nationally, and internationally. We do this every day we are open through our hotlines, online chat programs, email services, and publicly accessible online databases of resources.

**LGBT National Hotline** - 888-843-4564 | Weekdays: 1 PM – 10 PM CT, Saturday: 11 AM – 4 PM CT

- **National Human Trafficking Hotline** – <https://humantraffickinghotline.org/>

Human Trafficking is a crime in which traffickers use force, fraud, or coercion to control victims for the purpose of engaging in sex acts or labor services against his/her will. If you, or someone you know, are a victim of Human Trafficking, contact the National Human Trafficking Hotline:

Call 1-888-373-7888 | TTY: 711 | Text\* 233733

- **PRISM Health North Texas** - <https://www.phntx.org/>

Prism Health North Texas serves Dallas and surrounding areas with affordable, quality healthcare, regardless of ability to pay. As a Federally Qualified Health Center Look-Alike, we offer a variety of healthcare services to meet the community's growing needs, including primary medical care, women's health, pediatric care, HIV/STI testing and treatment, behavior health services, dental care, and pharmacy access.

- **The HELP Center for LGBT Health & Wellness** - <https://helpcentertx.org/>

Cutting-edge, community-based, and constantly evolving, HELP has a twenty-seven year history of health and education services, aimed at preventing AIDS/HIV and other STDs through innovative, comprehensive, and accessible programs, including all-inclusive PrEP services – the best tool available to our community to take control of your HIV status – available to anyone, whether or not you have insurance, AT NO CHARGE.

- **The Senior Source** - <https://theseniorsource.org/>

Since 1961, The Senior Source's mission has been to enhance the quality of life for older adults in greater Dallas. As a nonprofit agency, we serve as the go-to resource for everything older adults may need, including financial guidance, advice on long-term care facilities, or ways to connect with others through volunteerism.

**Caregiver Support Program, Book a Care Consultation:** Feeling overwhelmed, unsure where to start, or just need to talk through a challenge? Our Care Consultation service offers you a dedicated, confidential 30-minute appointment with a Caregiver Support Specialist. Visit this link to book your appointment: <https://calendly.com/d/4jh-s6r-v2h/care-consultations-round-robin-test>

**Injury Prevention Coordinator: Grace – 214-947-1772 for additional resources and information**