

## Mental Health Resources - Trauma Survivors

*If you are having suicidal thoughts or thoughts about hurting yourself, call one of these crisis lines:*

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| <b>Adapt 24/7<br/>Mobile Crisis<br/>Hotline<br/>866-260-8000</b> | <b>Suicide &amp; Crisis<br/>Center of North<br/>Texas 24/7<br/>Crisis Line<br/>214-828-1000</b> | <b>National Suicide<br/>Prevention<br/>Lifeline<br/>800-273-8255</b> |
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- **American Foundation for Suicide Prevention – <https://afsp.org/>**

The mission of the American Foundation for Suicide Prevention (AFSP) is to save lives and bring hope to those affected by suicide. Established in 1987, AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against this leading cause of death.

**Find a Mental Health Professional:** AFSP created a page that provides an overview and resources for finding a mental health provider in your area. Can be found at:

<https://afsp.org/find-a-mental-health-professional/>

- **Anxiety & Depression Association of America (ADAA)- <https://adaa.org/>**

ADAA raises awareness about the causes of and best treatments for anxiety, depression, and related disorders by disseminating cutting edge science, promoting evidence-based clinical practice, and educating professionals and the public.

**Free & Anonymous Online Mental Health Support Communities:** The Anxiety and Depression Association of America (ADAA) offers four free, anonymous, and safe peer-to-peer support communities designed to help individuals, families, and caregivers regarding depression & anxiety, major depressive disorder, PTSD, etc. Join at:

<https://healthunlocked.com/anxiety-depression-support>

**Experiencing PTSD?** Explore PTSD resources from the National Center for PTSD. Whether you're a Veteran, a loved one, or a provider, the National Center for PTSD offers a wide range of tools and educational materials to support your understanding and management of PTSD. Can be found at:

<https://adaa.org/understanding-anxiety/posttraumatic-stress-disorder-VA-resources>

- **Mental Health America of Greater Dallas - <https://mhadallas.org/>**

Mental Health America of Greater Dallas (MHA Dallas) is a 501(c)(3) non-profit organization working to promote mental wellness through community education and policy advocacy. Put simply, MHA Dallas serves as a catalyst to identify, assess and respond to mental health needs in the community.

**Find Help** with MHA Dallas's extensive provider/resources list. The resources here will help you learn more about individual illnesses and their treatments. Can be accessed via:

Website <https://mhadallas.org/findhelp/> | Call 214-871-2420

**Southern Area Behavioral Health** has a walk-in clinic to talk to someone in person. More information:

Address: 4215 Gannon Lane, Dallas, TX 75237

Monday-Friday: 2pm – 10pm, Saturday-Sunday 2pm – 7pm

Call 972-283-9090 | Fax 972-499-0367

**MHA's Peer Bridger Program:** MHA launched a program providing texting support for people with mental health and addiction needs. The program is free for those living in the United States. The text line operates from 10 a.m. to midnight 12 a.m. ET, Monday through Friday (excluding holidays). If you're interested in trying our texting line, you can text HELLO to 571-487-7456. If you'd like, you can also share your "name" (real or made up) and what's on your mind. There's no right or wrong way to start.

**MHA Screening:** Online screening at [mhascreening.org](https://mhascreening.org) is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated

**Post-Traumatic Stress Disorder (PTSD):** Find out more information on what looks like and how to treat at:

<https://mhanational.org/conditions/post-traumatic-stress-disorder/>

**Please visit** the national Mental Health America Resource List for extensive mental health support and options. Found at:

<https://mhanational.org/wp-content/uploads/2025/03/MHM-2025-Resource-List.pdf>

- **MetroCare** - <https://www.metrocareservices.org/>

Metrocare is the largest provider of mental health, developmental disability and permanent supported housing services in Dallas County. Found below are some of their mental health services.

**24/7 HOTLINE:** If you or a loved one is experiencing a mental health crisis, Metrocare's crisis team is here to help.

24 hours a day, 7 days a week. | Call 214-743-1215

**Peer Support Line:** For non-emergency emotional support from someone with lived recovery experiences. Seek help before the crisis and talk to someone who has been there!

Monday to Friday : 7AM – 12AM | Call 469-659-6939

**Westmoreland Clinic with Extended Hours:** For adults needing immediate care, Metrocare now offers extended hours at the Westmoreland Clinic until 10:00 p.m. Individuals can call to schedule or present to the clinic for services. Call ahead to ensure availability.

Monday to Friday : 8AM – 10PM | 1350 N Westmoreland Rd, Dallas, TX 75211 | Call 214-371-6639

**To Make an Appointment**, please visit

<https://www.metrocareservices.org/mental-health-services/adults/#RequestForm>

**For more information on Metrocare Mental Health Services**, please visit

<https://www.metrocareservices.org/mental-health-services/crisis/>

- **National Alliance on Mental Health (NAMI) Dallas Southern Sector** -  
<https://www.nami.org/>

The vision of NAMI Dallas Southern Sector is to promote a stigma-free and supportive community for all children, youth, teens, adults, families, and community members who are affected by mental illness so they can thrive in their communities. We do this by providing mental illness education and awareness, advocacy, and mental health resources for families and individuals in Southern Sector of Dallas County.

**Virtual NAMI Family Support Group.** NAMI Family Support Group gives family and friends an opportunity to meet with others who share their concerns, to compare experiences and learn from each other. The Support Group meetings are led by NAMI trained Facilitators.

Meeting time and days: 6:PM – 7:30 PM, Third Thursday of each month. Registration is required to join the support group. You can register at:

<https://us02web.zoom.us/meeting/register/tZ0ocu-hqzkvH9JLyupJ60Jaoj9xiHhHMwMe#/registration>

**Find more information** about other support groups and education at:

<https://namitexas.org/support-and-education/>

**NAMI HelpLine:** M-F 10 am – 10 pm ET

Call: 1-800-950-NAMI (6264) | Text: 62640 | Chat: [nami.org/help](https://nami.org/help) | Email: [helpline@nami.org](mailto:helpline@nami.org)

- **National Center for PTSD – <https://www.ptsd.va.gov/>**

The National Center for PTSD offers national resources for trauma survivors and families, which includes information about PTSD, resources such as the PTSD Coach Online, and videos from other survivors and professionals.

Call 1-800-273-8255

- **National Institute of Mental Health – <https://www.nimh.nih.gov/>**

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).

**Learn more about PTSD:** This website provides mental health education about posttraumatic stress disorder (PTSD). Information includes signs and symptoms of PTSD as well as professional treatment of PTSD.

Call 1-866-615-6464 (toll-free) | Visit

<http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

- **NHS Inform; PTSD and CPTSD Self-Help Guide -**

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/ptsd-and-cptsd-self-help-guide/>

Work through a self-help guide for PTSD and CPTSD based on Trauma-Focused Cognitive Therapy (TF-CT). Other mental health information and self-help guides can be found at:

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/>

- **Substance Abuse and Mental Health Services Administration (SAMHSA) -**  
<https://www.samhsa.gov/find-support>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA envisions that people with, affected by, or at risk for mental health and substance use conditions receive care, achieve well-being, and thrive. Listed below are some helpful PDF resources regarding mental health topics and concerns:

- Know Your Rights (<https://www.samhsa.gov/resource/recovery/know-your-rights>): This factsheet offer guidance for individuals and families on where to turn for assistance and what to do if you believe your rights are being violated.
- I Don't Know How To: Parent Series (<https://www.samhsa.gov/resource/recovery/i-dont-know-how-parent-series>): In this "I Don't Know How" web series, we explore different topics such as trauma, depression, and more to equip parents with tools to navigate and provide support for various mental health conditions.

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