

TRAUMA SURVIVORS RESOURCES (UPDATED JAN 2026)

Mental Health Resources

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

**Adapt 24/7 Mobile
Crisis Hotline**

866-260-8000

**Suicide & Crisis
Center of North Texas
24/7 Crisis Line**

214-828-1000

**National Suicide
Prevention Lifeline**

800-273-8255

- **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 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/join/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://www.nami.org/help) | Email: 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.

General Substance Abuse Resources

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

Metrocare offers extensive support and resources regarding substance abuse. Their substance use programs focus on person-centered and trauma-informed recovery planning in a therapeutic outpatient environment. Services are provided by a Licensed Chemical Dependency Counselor (LCDC) and delivered based on your personal goals, strengths, and needs. Listed below are some of the services they provide:

- Assessments & Person-Centered Recovery Plans
- Individual Counseling with Certified Recovery Coaches
- Group Counseling
- Support from Certified Peer Specialists
- Wraparound Care from Interdisciplinary teams
- Psychoeducation
- Health risk education on HIV / STDs / TB / Hepatitis / Smoking Cessation
- Step Work (including The 12 Steps)
- Introduction to AA / NA

To schedule an intake assessment,

Email IOPSOPReferrals@metrocareservices.org | Call 469-705-9170

Clients can expect to receive a call back the next business day.

For more information on Metrocare Substance Abuse Services, please visit <https://www.metrocareservices.org/sud/>

- **North Texas Behavioral Health Authority (NTBHA)** - <https://ntbha.org/>

Outreach, Screening, Assessment, and Referral (OSAR) Program: For individuals with substance use and/or co-occurring disorders that provides brief intervention and linkage to treatment and recover-oriented services. For questions or those seeking treatment,

Call 844-275-0600 | Email osar@ntbha.org

Kaufman County Bridge: The Kaufman County Bridge offers a variety of services to assist those in the community that need linkage to mental health and substance use providers and resources for residents of Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall Counties. Services include:

- Linkage to mental health providers
- Urgent psychiatric medication refills
- Psychiatric assessment
- Screening for substance use and co-occurring disorders
- Assistance with state and federal benefits, including Social Security, Medicaid, and Medicare
- Linkage to Peer Recovery Specialists

To contact Kaufman County Bridge,

Email SouthandEastCareCoordinators@ntbha.org | Call (496) 780-9159

Community Health Worker (CHW): The CHW program provides referrals and linkage to substance use, mental health, and medical services, in addition to other community services and resources to increase the retention in substance use and mental health services. To contact,

Email chwrightreferral@ntbha.org

Community Resource Coordination Groups (CRCGs): CRCGss are local interagency groups comprised of public and private agencies. Together, they develop service plans for individuals and families whose needs can be met only through interagency coordination and cooperation. Information regarding CRCGs for other counties can be found on the State CRCG web site; below is the information for the Dallas County CRCG:

- Meets the 2nd Monday of each month at 1pm.
- Coordinator: Peggy Alexandre
- Special Instructions: Submit completed application via email or fax no later than the first of the month to be included for that month's CRCG. Cases are added to the agenda on a first come, first served basis and a limited number of cases can be staffed each month. Once your application is received and accepted for a CRCG you will be contacted with meeting details. Questions may be submitted to the CRCG coordinator.
- Application:
<https://ntbha.org/wp-content/uploads/2020/12/CRCG-Application-Dallas-Update-Dec-2020.pdf>

To contact the Dallas County CRCG:

Email palexandre@ntbha.org | Call 469-523-0528 | Fax 214-366-9417

- **Rehab Spot** - <https://www.rehabspot.com/>

Rehab Spot is an information hub that focuses on educating individuals on the treatment process: from selection, to what they can expect during treatment, to entering back into a drug-free life. Their goal is to lessen the stigma of addiction and empower those who are struggling with mental health find the treatment they deserve. Contact a treatment provider today to find a rehab:

Call 877-648-4288

- **Residential and Outpatient Substance Abuse Treatment Options**

Residential treatment is a more intensive option where a person lives at a treatment facility for a period of time while receiving structured care, therapy, and support in a safe, substance-free environment. This level of care is often helpful for individuals who need close supervision or a break from triggers in their daily life.

Outpatient treatment allows a person to live at home while attending scheduled treatment sessions, such as counseling, group therapy, or education programs, during the week.

Found in the graphs below are the options for **residential and outpatient substance use treatment options** in the **Dallas County area**. For more information about admission or the facility itself, [please call using the phone numbers provided](#).

Residential Substance Use Treatment Options			
Name	Address	Type	Phone Number
Homeward Bound	5300 University Hills Blvd., Dallas, TX 75241	Residential	214.941.3500
Nexus	8733 La Prada, Dallas, 75228	Residential/Outpatient, FEMALE ONLY	214.321.0156
Turtle Creek Manor	2707 Routh St, Dallas 75201	Residential/Outpatient	214.871.2483
Serenity House	1535 W. Mockingbird Lane, Suite 400, Dallas, TX	Residential	214.819.0567, 214.819.0568

Outpatient Substance Use Treatment Options			
Name	Address	Type	Phone Number
Addicare Group of Texas	2722 W. Kingsley #115, Garland, TX 75042	Outpatient	972.278.4760
Centro de Mi Salud	628 Centre St, Dallas, TX 75208	Outpatient	214.941.0798

Dallas Challenge	201 S. Tyler, Dallas, TX 75208	Outpatient, Youth Program	214.942.5166
First Step Counseling	219B Sunset Ave #101, Dallas	Outpatient	214.942.880
Integrated Psychotherapeutic Services	2121 Main #100, Dallas, TX	Outpatient	214.331.1200
Parkland Smoking Cessation Clinic	5102 Harry Hines Blvd 7th floor. Dallas, TX 75235	Outpatient	214.590.5691
Phoenix House	2345 Regan Street, Dallas, TX 75219	Outpatient, Youth Program	214.999.1044
Remedy Addictions Counselors	2528 N Fitzhugh Ave Dallas, TX 75204	Outpatient	972.253.0000
Solace Counseling	1475 Prudential Dr. Dallas, TX 75235	Outpatient, not in NTBHA network	214.522.4640
S.T.E.P.(Methadone Clinic)	1705 MLK Blvd., Dallas, TX 75215	Outpatient	214.421.9100

Alcohol Abuse Resources

- **Al-Anon Family Groups** – www.al-anon.org

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. Find a meeting today at:

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

- **Alcoholics Anonymous** – <https://www.aa.org/>

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. Alcoholics Anonymous' primary purpose is to help alcoholics to achieve sobriety.

Find a Meeting: <https://www.aa.org/find-aa>

Meetings in Dallas: Dallas AA Intergroup Central Office (<https://www.aadallas.org/>) is the official place to find Alcoholics Anonymous meetings in the Dallas area. All meeting details come straight from local AA groups. If you are looking for AA meetings near you, there are many options in Dallas found here: <https://www.aadallas.org/meetings/>

- **LifeRing** - <https://lifering.org/>

LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. LifeRing's network of support offers abstinence-based, secular, and self-empowered pathways for individuals seeking to achieve and maintain recovery. Join an online meeting today at:

<https://meetings.lifering.org/meetings/?scope=only>

- **NIH National Institute on Alcohol Abuse and Alcoholism (NIAAA)** - <https://www.niaaa.nih.gov/>

The mission of the National Institute on Alcohol Abuse and Alcoholism is to generate and disseminate fundamental knowledge about the adverse effects of alcohol on health and well-being, and apply that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems, including alcohol use disorder, across the lifespan.

NIAAA Alcohol Treatment Navigator: The search for alcohol treatment can feel overwhelming, and the Navigator can help you through a difficult and important decision, pointing the way to a healthy future. The Navigator's 3-step "road map" offers expert guidance to focus and support your efforts. We'll help you

learn how to find higher-quality, science-backed care that can raise your chances for success. Use the Navigator at:

https://alcohol.treatment.niaaa.nih.gov/how-to-find-alcohol-treatment?_gl=1*rk1pi3*_ga*MTEwMDEyNjE4LjE3Njg0MjAxMjA.*_ga_E2D8B2PVE9*czE3Njg0OTc2NzkkbzlkZzEkdDE3Njg0OTc3MjMkaE2JGwwJGgw

Treatment for Alcohol Problems: Finding and Getting Help: This guide is written for individuals—and their family and friends—who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them. Information found at:

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/treatment-alcohol-problems-finding-and-getting-help>

- **SMART Recovery** - <https://smartrecovery.org/>

SMART Recovery is a fresh approach to addiction recovery. SMART stands for Self-Management and Recovery Training. This is more than an acronym: it is a transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change. SMART provides specialized meetings and resources for a variety of communities, including Family & Friends, veterans, and more. To find an online meeting or an in-person meeting near you, please visit:

<https://meetings.smartrecovery.org/meetings/?coordinates=50&location=Dallas%2C+TX>

Drug Abuse Resources

- **American Society of Addiction Medicine (ASAM)** - <https://www.asam.org/>

ASAM is a physician-led professional community for those who prevent, treat, and promote remission and recovery from the disease of addiction, and to provide resources for continuing innovation, advancement, and implementation of addiction science and care.

Addiction Specialists & The ASAM Physician Directory: Addiction specialists are addiction medicine physicians and addiction psychiatrists who hold either subspecialty board certification in addiction medicine. To find an ASAM physician, search the ASAM Physician Directory at:

<https://my.asam.org/membership/physicianSearch>

Addiction Treatment Needs Assessment: Every person has different needs when it comes to addiction treatment. By starting at the right level of care you can greatly increase the chances of success. Take the free needs assessment at:

<https://www.treatmentconnection.com/assessment>

- **Center for Disease Control and Prevention: Overdose Prevention**

The Center for Disease Control and Prevention funds national research, specializes in health education, resources, and raising awareness. Some medications, such as prescription opioids, can help relieve pain in the short term but also come with serious risks and potential complications—and should be prescribed and used carefully. The CDC highlights that the best ways to prevent opioid overdose deaths are to improve opioid prescribing, reduce exposure to opioids, prevent misuse, and treat opioid use disorder.

Overdose Prevention Education and Learning Hub: CDC's Division of Overdose Prevention is working to reduce overdose deaths and related harms by creating and disseminating overdose prevention materials and resources nationwide. These resources can be found at:

<https://www.cdc.gov/overdose-prevention/communication-resources/resource-hub.html>

Treatment of Substance Use Disorders (SUD): To learn more about what SUDs are and the best practices from treatment, please visit: <https://www.cdc.gov/overdose-prevention/treatment/index.html>

Overdose Prevention Resources: Access resources about the importance of overdose prevention and stay up to date with news from the Division of Overdose Prevention.

<https://www.cdc.gov/overdose-prevention/communication-resources/index.html>

Commonly used terms in reference to opioids and drug overdose:

<https://www.cdc.gov/overdose-prevention/glossary/index.html>

- **Detox.com** - <https://www.detox.com/>

Detox.com is a searchable directory of accredited, nationwide treatment centers that offer detoxification programs for alcohol and drug addiction. On our site, we also share informational articles about substance abuse and detox, as well as inspirational stories of recovery. To find detox centers in your area,

Call 800-996-6135 | Visit <https://www.detox.com/listings/>

Dallas Detox Centers: There are 18 inpatient detox, 21 outpatient, and 3 medication assisted detox centers in Dallas. Explore treatment options for alcohol, opiate, or prescription drug addiction and begin healing today:

<https://www.detox.com/texas/dallas/>

Information About PTSD and Addiction: How to Recognize the Signs and Find the Right Treatment

<https://www.detox.com/ptsd>

- **Finding Substance Use Treatment Services**

There are several ways to find adult substance use treatment services, such as by contacting the substance use program directly, your local Outreach, Screening, Assessment, Referral (OSAR), or Local Mental Health Authority or Local Behavioral Health Authority.

Health and Human Services - Substance Use Service Locations:

<https://txdshsea.maps.arcgis.com/apps/instant/nearby/index.html?appid=bc7fa0d73d6049acaf5e7c98e5497fc4&sliderDistance=10>

Outreach, Screening, Assessment and Referral (OSAR) Provider Search:

<https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/outreach-screening-assessment-referral>

Local Mental Health or Behavioral Health Authority:

<https://www.hhs.texas.gov/services/mental-health-substance-use/adult-substance-use-services>

- **Narcotics Anonymous (NA)-** <https://na.org/>

Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. NA members hold nearly 76,000 meetings weekly in 143 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings.

Find A Meeting: NA meetings can be in-person or virtual. To find in-person NA meetings near you, choose “Find NA Near You” below to find your closest NA community for updated and accurate meeting information. For online meetings, choose “Virtual Meeting Finder.” Visit the link below to begin:

<https://na.org/meetingsearch/>

Meetings in Dallas: There are currently 63 groups in the Dallas Area, offering a total of 287 meetings per week. Follow the link below for more information:

<https://dallasareana.org/meetings/>

- **Nar-Anon Family Groups -** <https://www.nar-anon.org/>

The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else’s addiction. As a twelve-step program, we offer our help by sharing our experience, strength, and hope. Find a meeting today at:

<https://www.nar-anon.org/find-a-meeting>

Shelter/Housing Resources

- **Dallas County Health and Human Services (DCHHS) Curated Resources -** <https://www.dallascounty.org/departments/dchhs/>

DCHHS is a nationally accredited public health department responsible for providing health and social services that protect the health and well-being of over 2.6 million people that call Dallas County home.

The mission of DCHHS is to optimize and protect the health and well-being of all Dallas County residents and support the achievement of better health outcomes for all.

Dallas County Community Resource List (last updated 2025):

<https://www.dallascounty.org/Assets/uploads/docs/hhs/human-services/DCHHS-Social-Services-Complete-Resources-List-as-of-03.2025.pdf>

Dallas County Community Referral List:

<https://www.dallascounty.org/Assets/uploads/docs/hhs/ehap/English-DALLAS-COUNTY-COMMUNITY-REFERRAL-LIST.pdf>

The information provided on the resource lists above is given in good faith, but we cannot guarantee the accuracy of information, nor do we endorse or recommend any specific service provider. Please contact the providers directly for more information on their program, services and requirements, or contact 2-1-1 www.211texas.org for additional referrals.

- **Healthy Community Collaborative Housing Program (Hunt and Navarro Counties)** - <https://ntbha.org/our-resources/>

The Healthy Community Collaborative is a state-funded grant program provided through the North Texas Behavioral Health Authority (NTBHA) that provides assistance to individuals with mental health and/or substance use disorders who reside in Hunt or Navarro Counties. Services provided include:

- Emergency Shelter, Rental Assistance, Utility Payments, Shelter Diversion, Furniture, Deposits

To contact:

Email SouthandEastCareCoordinators@ntbha.org | Call (469) 780-9159

- **U.S. Department of Housing and Urban Development (HUD)** - www.hud.gov

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, visit here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box. For more information,

Call 202-708-1112 or 202-708-1455

- **Shelter Options in Dallas County**

Shelters provide temporary, safe housing for individuals and families who are experiencing homelessness, domestic violence, or other crises. They often offer basic needs such as a place to sleep, meals, and access to supportive services, while helping connect people to longer-term housing and resources.

*Found in the graphs on the next page are the options for **shelter options in the Dallas County area**. For more information about admission or the shelter itself, please call using the phone numbers provided.*

Men's Shelter's

Organization Name	Address	Phone Number	Email or Website
The Bridge	1818 Corsicana St., Dallas, Tx 75201	214-670-1124	https://www.bridgehrc.org/night-shelter
Austin Street Center	1717 Jeffries St., Dallas, Tx 75226	214-428-4242	https://austinstreet.org/get-help/
Salvation Army	5302 Harry Hines Blvd., Dallas, Tx 75235	214-424-7000	https://www.salvationarmyusa.org/usn/provide-shelter/
Dallas Life Foundation	1100 Cadiz, Dallas, Tx 75215	214-421-1380	https://dallaslife.org/services/meals-shelter/
Union Gospel Mission	3211 Irving Blvd, Dallas, Tx 75247	214-637-6117	https://ugmdallas.org/shelter-and-housing-for-women-and-children/
Bunkhouse	1818 S. Ervay St., Dallas, Tx 75215	214-426-5515	

Women's Shelter's

Organization Name	Address	Phone Number	Email or Website
Union Gospel Mission Center of Hope	4815 Cass St., Dallas, Tx 75235	214-638-2988	https://ugmdallas.org/shelter-and-housing-for-women-and-children/
The Bridge	1818 Corsicana St., Dallas, Tx 75201	214-670-1124	https://www.bridgehrc.org/night-shelter
Dallas Life Foundation	1100 Cadiz, Dallas, Tx 75215	214-421-1380	https://dallaslife.org/services/meals-shelter/
Austin Street Center	2929 Hickory St., Dallas, Tx 75215	214-421-1380	https://austinstreet.org/get-help/

Transitional and Sober Living Housing

Organization Name	Address	Phone Number	Email or Website
Ark of Safety	3230 Alta Mesa, Dallas, Tx 75241	469-556-2893	
Brighter Tomorrows	928 Bluebird, Irving, Tx 75061	972-254-4003	
Interfaith Housing Coalition	5612 Ross Ave, Dallas, Tx 75206	214-827-7220	
Oxford House		214-706-2943	www.texasoxfordhouses.org/Dallas
Our Friend's Place	2501 Oak Lawn Ave., Suite 500, Dallas, Tx 75219	214-520-6268	

HUMA Faith		214-229-9179	
Way Back Home	899 N. Stemmons Freeway, Dallas, Tx 75207	214-742-1971	
Housing Crisis	4210 Junius St., Dallas, Tx 75246	214-221-0037	

Housing and Recovery Living Environments

Organization Name & Website	Address	Phone Number	Type of Organization
City Square https://www.citysquare.org/	1610 S Malcolm X Blvd, Dallas, TX 75226	214-823-8710	Food Distribution Center/Food bank

<p>The Bridge</p> <p>https://www.bridgehrc.org/</p>	<p>1818 Corsicana St, Dallas, TX 75201</p>	<p>214-670 -1507</p>	<p>Homeless Recovery Center for individuals without a home in Dallas County</p>
<p>Oxford House</p> <p>https://www.oxfordhousetx.org/</p>	<p>5406 Gaston Ave, Dallas, TX 75214</p>	<p>469-730 -2947</p>	<p>Self-run, Self-supporting Addiction Recovery Homes</p>
<p>Soul's Harbor</p> <p>https://www.soulsharbordallas.org/</p>	<p>13134 Nile Dr, Dallas, TX 75253</p>	<p>972-286 -1940</p>	<p>A recovery community for homeless men</p>
<p>Dallas Housing Authority</p> <p>https://dhantx.com/</p>	<p>3939 N Hampton Rd, Dallas, TX 75212</p>	<p>214-951 -8300</p>	<p>PROVIDE AFFORDABLE QUALITY HOUSING AND ACCESS TO SUPPORTIVE RESOURCES ACROSS NORTH TEXAS</p>
<p>24 Hour Club</p> <p>https://www.dallas24hourclub.org/</p>	<p>4636 Ross Ave, Dallas, TX 75204</p>	<p>214-823 -3200</p>	<p>Homeless service in Dallas</p>

Salvation Army	5554 Harry Hines Blvd. Dallas, TX 75235	214-630 -5611	Family Store and Adult Rehabilitation Center
Homebase for Housing (http://homebaseforhousing.org)	4054 McKinney Ave, Dallas, TX 75204	214-520 -6308, ext. 340	Faith-Based Transitional and emergency assistance (transportation, shelter, referrals). MEN ONLY
Interfaith Family Services	1651 Matilda St, Dallas, TX 75206	214-827 -7220	Faith-Based Transitional and emergency assistance (transportation, shelter, referrals). WOMEN ONLY – a part of Daniel's Den
Daniel's Den (Ellis County) & Samaritan's House	507 W Jefferson St, Waxahachie, TX 75165	972-938 -0103	Faith-based Interim housing to citizens of Ennis; life skills, training.
A-Cross (Ellis County)	505 S Sherman St, Ennis, TX 75119	972-872 -9828	provides interim housing to local individuals and families who are homeless or on the verge of becoming homeless due to a crisis

Burning Tree Programs	5445 La Sierra Dr #204. Dallas, TX 75230	972-632-7374 and 877-883-3375	Addiction treatment center in Dallas
Helping Open People's Eyes, Inc.	100 N Main St #631, Corsicana, TX 75110	903-872-8101	Pregnant and non-pregnant women 18 years and older Can have children up to 6 yrs old
Rosewood House of Recovery, Inc.	9 Renrick Drive, Greenville, TX 29609	844-942-3185	Faith-Based Transitional and emergency assistance (transportation, shelter, referrals). MEN ONLY
Bridges Safe House	800 W Belt Line Rd, Cedar Hill, TX 75104	469-272-4441	Faith-Based Transitional and emergency assistance (transportation, shelter, referrals). WOMEN ONLY – a part of Daniel's Den

Transportation Resources

- **Dallas Area Rapid Transit Disabled Reduced Fare Program**

DART Paratransit Services provides curb-to-curb public transportation for people with disabilities who are unable to use DART's bus or rail services. Paratransit Services also offers travel training to ADA paratransit eligible individuals who have the ability to use bus or rail services. To contact:

Call 214-515-7272

- **Medicaid Clients Who Have No Other Means of Transportation**

Texas Department of Health Medical Transportation Program (MTP) is available. To request medical transportation services:

Call 1-800-762-6917

- **My Ride Dallas** - www.myriedallas.org

My Ride Dallas can put Dallas area residents in touch with various accessible transportation options. There is no cost to use My Ride Dallas' services. Please ask if there is a cost to the transportation options. Helping older adults, people with disabilities and the general population understand the transportation available to them in Dallas County. MyRide Dallas has also created a Coalition of agencies, transportation providers, community members, seniors, and people with disabilities that's dedicated to improving transportation options in Dallas County. For more information, please:

Call 972-855-8084 | Email ccravens@respectthetech.tech

- **Transicare** - <https://www.transicare.com/>

Transicare started as a transportation company after recognizing that behavioral health clients were at risk for falling through the cracks between levels of care. Transicare strives to create specialized transportation services that meets the needs of the individuals and simultaneously provides a safe, cost effective alternative to ambulance or peace officer transportation. Rates start at \$75 and are based off mileage along with surcharges for involuntary and restraint needs.

Quadriplegic & Paraplegic Resources

- **ADA National Network** – <https://adata.org/>

The ADA National Network provides information, guidance, and training on how to implement the Americans with Disabilities Act (ADA) in order to support the mission of the ADA to “assure equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities.” ADA specialists help families address complex questions on a wide range of ADA topics such as reasonable accommodations at work, building codes for new construction projects, accessible housing, and transitioning from school to work. ADA specialists also address questions about other disability laws, such as the Fair Housing Act, the Individuals with Disabilities in Education Act, and the Rehabilitation Act. To learn more, please contact:

Call 1-800-949-4232 | To Submit a Question <https://adata.org/email>

- **American Chronic Pain Association** – <https://www.acpanow.com/>

The ACPA is a non-profit, 501(c) (3) organization with the mission to facilitate peer support, education, hope, and motivation for individuals living with pain and those treating pain conditions. We strive to raise awareness among the health care community, policymakers, and the public at large about issues of living

with physical and emotional pain. Our vision is to motivate those with pain conditions to seek quality care, to optimize healthcare office visits, and to prevent chronic disease.

ACPA Downloadable Resources: These ACPA Resources can be an important tool for individuals to communicate their pain condition(s) while at healthcare visits. Resources found at:
<https://www.acpanow.com/pdf-resources.html#/>

The ACPA and Stanford Resource Guide to Chronic Pain Management: The ACPA believes that people with chronic pain benefit from being well informed about their medications. This knowledge may relieve the fears that can interfere with receiving maximum benefits from medications. The ACPA Resource Guide to Chronic Pain Management is not meant to serve as medical advice for your condition or regarding your medication needs. Remember that the best source of information about your health and medication needs is from an open dialogue with your treating doctor. To access the Integrated Guide to Comprehensive Pain Therapies, please visit:
https://www.acpanow.com/uploads/9/9/8/3/99838302/acpa_stanford_resource_guide_2024.pdf

- **American Trauma Society – <https://www.amtrauma.org/default.aspx>**

For more than 55 years, the American Trauma Society (ATS) has worked to reduce the toll of trauma by strengthening every part of the trauma care system. We know survival and recovery depend on more than medical treatment alone. They require strong prevention efforts, coordinated systems of care, and long-term support for survivors and their families. Our mission is built on education, advocacy, infrastructure, and empowerment that, together, save lives and rebuild futures. ATS addresses trauma before, during, and after injury. This means preventing injuries before they happen, ensuring the highest quality treatment when they do, and providing the long-term support survivors need to rebuild their lives.

Call 800-556-7890 or 703-538-3544 | Email info@amtrauma.org

Trauma Survivors Network (TSN) - <https://www.traumasurvivorsnetwork.org/>: The Trauma Survivors Network (TSN), created by the American Trauma Society, aims to support trauma patients and their families in navigating hospital stays and facilitating recovery. TSN offers practical information, peer support, and skill-building resources. Collaborating with trauma centers, TSN fosters online communities and provides training for healthcare providers. To find injury survivor support groups, please visit:

https://www.traumasurvivorsnetwork.org/injury_survivor_support_groups/

Did you know..? Methodist Dallas Medical Center (MDMC) has a TSN Center!

MDMC TSN Center: We strive to provide every patient and family member with compassionate care and support through trying times. Methodist Dallas Medical Center is a level I trauma facility, supported by a 59 bed emergency department and 556 bed hospital. Through our Trauma Survivors Network, we aim to provide support services to both patients and family members that is otherwise not regularly available or included during a traumatic hospitalizations. Visit our website below for more information:

<https://www.traumasurvivorsnetwork.org/trauma-centers-142/>

- **Americans with Disabilities Act – www.ada.gov**

The ADA website provides information and technical assistance regarding the Americans with Disabilities Act. From answers to common questions to official legal documents, ADA.gov has everything you need to understand your rights and responsibilities under the ADA. They specifically cover basic starting points for understanding areas the ADA covers, more detailed guidance on some ADA topics, and legal documents that are enforceable under the ADA in a court of law. For more information:

Monday-Friday, Call 800-514-0301 or 1-833-610-1264 | Email Disability.Outreach@usdoj.gov

- **Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP) -**

<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. For more information.

Call 800-539-7309 | Email Peer@Reeve.org

- **Health Resources and Services Administration (HRSA): Find a Health Center - <http://findahealthcenter.hrsa.gov/>**

HRSA Health Centers care for you, even if you have no health insurance you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Amputee Resources

- **AMPOWER – <https://hangerclinic.com/patients/emotional-support/>**

The mission of AMPOWER is to empower and strengthen those affected by amputation or limb difference through peer mentorship, education, and community. It consists of a nationwide network of trained peer mentors who have successfully recovered and rehabilitated following amputation and want to share their personal experiences with you.

Request a Peer Visit: AMPOWER peer mentors can connect with you and your loved ones in person, over the phone, or online. They can help: (1) Answer a range of basic questions about the recovery process, using a prosthesis, and the concerns of daily living (2) Provide emotional support, with a firsthand understanding of the grieving process (3) Share information and resources. To request a peer visit, please fill out this form:

<https://fs24.formsite.com/hangerforms/m5cndodwj5/index.html>

- **Amputee Coalition – www.amputee-coalition.org**

The Amputee Coalition is the leading national organization dedicated to enhancing the quality of life for people who have limb loss or limb difference. Through advocacy, education, and peer support, we help individuals and their families build a strong foundation for a strong future.

Request a Peer Visit: The Amputee Coalition's Certified Peer Visitor Program offers you the chance to connect with someone who truly gets it. Our certified peer visitors are trained volunteers who are ready to listen, share their own experiences, and help you feel supported every step of the way. Whether you're facing a recent amputation, considering one, or adjusting to life with limb difference, we're here to help. Fill out the Request a Peer Visit form below to connect with a CPV today:

<https://acsupport.amputee-coalition.org/acton/media/46977/psr>

Call 888/267-5669 | Email peersupport@amputee-coalition.org

Join the Amputee Coalition Community: Be part of a powerful movement empowering individuals with limb loss and limb difference. Stay informed, inspired, and connected - all at no cost to you. To join, follow this link: <https://acsupport.amputee-coalition.org/acton/media/46977/join>

Dallas County Community Resources: To find Dallas specific amputee resources, please visit: https://nllrc.amputee-coalition.org/resources?search%5Bfilter_by%5D=&search%5Bquery%5D=dallas&search%5Bradius%5D=100

AC Connect: If you are already registered with Amputee Coalition, you can log in and activate your AC Connect profile today. AC Connect is the premier virtual space for connecting the limb loss and limb difference community. AC Connect is all about you. It is your place to continuously learn, develop a sense of belonging, and gain exposure. Follow this link for more information:

<https://community.amputee-coalition.org/home>

Understanding Limb Loss and Limb Difference: The mission of the Amputee Coalition is to reach out to and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to promote limb loss prevention. Resources and information for children, adults, and families. For more information, please visit:

<https://www.amputee-coalition.org/resources/understand-limb-loss>

- **Office of Disability Employment Policy: – <https://www.dol.gov/agencies/odep>**

The Office of Disability Employment Policy (ODEP) is the only non-regulatory federal agency that promotes policies and coordinates with employers and all levels of government to increase workplace success for people with disabilities.

Workplace Accommodation Information: Under Title I of the Americans with Disabilities Act (ADA), a reasonable accommodation is a modification or adjustment to a job, the work environment, or the way things are usually done during the hiring process. Per the ADA guidelines, this website breakdowns and provides resources for information regarding workplace accommodations:

<https://www.dol.gov/agencies/odep/program-areas/employers/accommodations>

Brain Injury Resources

- **Brain Injury Association of America** – <https://www.biausa.org/>

The Brain Injury Association of America (BIAA) works to advance awareness, research, treatment, and education to improve the quality of life for adults and children affected by brain injury. BIAA is dedicated to increasing access to quality health care and raising awareness and understanding of brain injury. It has a network of state affiliates, local chapters, and support groups.

Resource Center: View, stream, and download brain injury resources, videos, awareness materials, and more. Some applicable options:

- Living with a Brain Injury: [https://biausa.org/public-affairs/media?category\[\]=Living%20with%20Brain%20Injury](https://biausa.org/public-affairs/media?category[]=Living%20with%20Brain%20Injury)
- Being a Caregiver: [https://biausa.org/public-affairs/media?category\[\]=Being%20a%20Caregiver](https://biausa.org/public-affairs/media?category[]=Being%20a%20Caregiver)

For Brain Injury Information Only, Call 1-800-444-6443

- **BrainLine** – <https://www.brainline.org/>

BrainLine provides education and resources about Brain Injury and PTSD for both adult and pediatric survivors and their families. They focus on treatment and recovery information for moderate to severe TBI symptoms in both adults and children.

Call 703.998.2020 | E-mail info@BrainLine.org

- **Hope Survives** – <https://hopesurvives.org/>

At Hope Survives, we're dedicated to creating a brighter future for brain injury survivors and their families. We strive to address the mental, emotional, and spiritual needs of those impacted by brain injury. Our family-focused approach acknowledges that brain injury impacts the entire family, not just the survivor, and creates spaces where each member can find understanding, strength, and hope. Through education, connection, and unwavering support, we remind survivors and their families that healing is possible and hope truly survives.

Hope After Head Injury Brain Injury Support Group: Hope After Head Injury is an uplifting online community providing much-needed support, connection, and resources for brain injury survivors and family members. Through Zoom support groups and an active online presence, we meet survivors where they are: offering hope, compassion, and understanding. Find more information and sign up here: <https://hopesurvives.org/hopeafterheadinjury>

- **Model Systems Knowledge Translation Center (MSKTC)** - <https://msktc.org/>

The Model Systems Knowledge Translation Center (MSKTC) is a national center operated by the American Institutes for Research® (AIR®). The MSKTC collaborates with Model System researchers to translate health information into easy to understand language and formats for people living with spinal

cord injury (SCI), traumatic brain injury (TBI), and burn injury and those who support them. The center conducts knowledge translation research, provides knowledge translation support to Model System grantees, and develops and disseminates free research-based resources to help improve rehabilitation outcomes and quality of life for people living with SCI, TBI, and burn injuries. These evidence-based materials are available in a variety of formats such as printable PDF documents, videos, and slideshows.

- **Neurocritical Care Society** – <https://www.neurocriticalcare.org/>

The Neurocritical Care Society (NCS) is proud to be the only professional society representing multidisciplinary teams of neurocritical care providers around the world whose mission is to improve outcomes for patients with life-threatening neurological illnesses.

Resources & Publications: From the peer-reviewed scientific publication to a steady stream of online content to books, podcasts, guidelines and more, the Neurocritical Care Society offers a variety of resources and publications for neurocritical care practitioners, patients and families. To view the resources, please follow this link:

<https://www.neurocriticalcare.org/Resources-Publications/Resources-Publications>

Spinal Cord Injury Resources

- **BACKBONES** - <https://www.backbonesonline.org/>

BACKBONES exists to help people with spinal cord injury or disease (SCI/D) and their families connect with their communities. We do that by creating events and experiences that promote awareness and engage people of all abilities. For more information.

Email info@backbonesonline.com, or call us at 224-424-3475.

- **Baylor Scott & White Institute for Rehabilitation: Dallas** - <https://www.bswrehab.com/conditions-and-services/spinal-cord-rehabilitation/>

Baylor Scott & White Institute for Rehabilitation-Dallas is designated as a Model System for the treatment and research of spinal cord injury. Its Spinal Cord Injury Speciality Program is highly specialized and designed to meet an individual's unique physical and/or functional needs after sustaining an SCI. For more information, please visit:

Address: 909 N Washington Ave. Dallas, TX 75246 | Call 214-820-9300

- **FacingDisability** - <https://facingdisability.com/resources>

FacingDisability presents current information on spinal cord injury which has been developed by working with medical experts at major hospitals universities and rehabilitation institutions. 600 of the most important paralysis and spinal cord injury resources on the Internet. Curated especially for people dealing with paralysis – designed to help you find what you need.

- **SpinalCord.com: Support Groups in Texas -**
<https://www.spinalcord.com/sci-support-groups/texas>

SpinalCord.com is a resource for spinal cord injury survivors and their families. We offer information about the anatomy of a spinal cord injury, contact information for doctors and treatment centers, a directory of support groups across the country, podcasts on critical topics, a blog covering almost any topic you could imagine, and more.

- **NeuroKinetix Clinic -** <https://neurokinetixclinic.com/>

NeuroKinetix is a science-based medical practice specializing in innovative neurologic medical care and performance for many neurological diagnoses including stroke, brain injury, concussion, Parkinson's disease, multiple sclerosis, spinal cord injury, peripheral neuropathy, and others. Please visit:

Address: 6913 Camp Bowie, Suite #177. Fort Worth, TX 76116 | Call 682-267-9550

- **Neuro Assistance Foundation (NAF) -** <https://www.neuroassistance.org/home>

The Neuro Assistance Foundation is a non-profit organization dedicated to assisting spinal cord injured and disabled individuals to achieve self-sufficiency and mobility through assistive vehicles, equipment, technology and home modifications. NAF serves 108 counties in Texas including the Dallas / Fort Worth Metroplex, Greater Houston, and Austin areas. To contact, please join their email list at:

<https://www.neuroassistance.org/contact/email>

- **United Spinal Association –** <https://unitedspinal.org>

United Spinal Association is dedicated to enhancing the quality of life of all people living with spinal cord injuries and disorders (SCI/D), including veterans, and providing support and information to loved ones, care providers, and professionals. Its goal is to provide people living with SCI/D with active lifestyle information, peer support, advocacy, and services that maximize their independence and enable them to remain active in their communities. To become a member, please fill out this form:

<https://unitedspinal.org/membership-form/>

North Texas Chapter of United Spinal Association: The United Spinal Association – North Texas Chapter is dedicated to becoming an informational hub for spinal injured persons in the North Texas area. We are working to gather local resources, improve independence, gain employment, encourage advocacy and foster social growth. For more information, contact:

Call 214-490-9595 | Email info@northtexasusa.org | Website <https://www.northtexasusa.org/>

New Injury/New Beginning Backpack: For life after spinal cord injury. Most people are universally unprepared for the unique challenges of living with a new spinal cord injury or disease. That's why it's vital to reach you, your family and caregivers with the proper support as quickly as possible. Aside from the wealth of information contained in the wheelchair adaptable BackPack (over 30 items), you will receive Priority Access to our "Ask Us Spinal Cord Resource Center" staff of consultants. To get your backpack, please visit this website: <https://www.northtexasusa.org/new-injury>

Gun Violence Survivors Resources

- **Attorney General of Texas: Crime Victims' Compensation Program -**
<https://www.texasattorneygeneral.gov/crime-victims/crime-victims-compensation-program>

The Texas Attorney General's Crime Victims' Compensation (CVC) Program helps victims and their families by covering costs like medical bills, counseling, lost wages, and more to aid in your recovery. You may be eligible for help with crime-related costs after a violent crime. For more information,

Call 512-936-1200, 800-983-9933 (Toll-free)

- **Disabled Crime Victims Assistance, Inc. -** www.dcvainc.org/

A non-profit organization that assists crime victims that become disabled as a result of that crime, as well as those that are already disabled and become a crime victim. DCVA is committed to assisting disabled crime victims and their families and promoting awareness of their specialized needs to those who serve victims and their community. Please visit:

Call 817-338-0220 | Email dcva@sbcglobal.net

- **Survivors Empowered -** <https://survivorsempowered.org/>

Survivors Empowered is a nationally prominent 501(c)(3) non-profit organization directly supporting and educating gun violence survivors, including most notably the family and friends of shooting victims, as well as shooting survivors themselves. As Sandy and Lonnie learned firsthand, surviving family and friends need much help to heal, starting with managing the shock that sets in immediately following. Resources include:

- Survivors Toolkit co-authored with Gabby Giffords
- Trauma Therapy Resources and Mindfulness Courses.
- Mobile therapy retreats and expansion of the organization's development and deployment of Rapid Response Teams across the US are planned for 2024.

- **Texas Victim Resource Directory -**
<https://ivss.tdcj.texas.gov/resource-search/?filter=¤tdatetime=2023-3-15%2013:44:17&cty=DALLAS&ct0=1&ct6=1&ct7=1&ct19=1&ct20=1>

The Texas Victim Resource Directory is a compilation of non-profit and governmental agencies that provide services to crime victims free of charge in Texas. The directory is searchable by crime type, services provided, organization type, geographic location or organization name. You can make your search as broad or as limited as you need, but keep in mind that searching by multiple parameters will limit the number of results returned. Results are organized by local resources and statewide resources.

- **The Directory of Crime Victim Services (the Directory) -**
<https://ovc.ojp.gov/directory-crime-victim-services>

Since its launch in 2003, the Directory of Crime Victim Services (the Directory) has helped many crime victims and service providers find nonemergency crime victim service programs in the United States and abroad. The Directory includes contact information for thousands of victim service providers.

- **The Rebels Project -** <https://www.therebelsproject.org/>

The Rebels Project seeks to embrace, support, and connect survivors of mass tragedy and trauma by creating a safe environment to share unique resources, experiences, and provide education surrounding the varying effects of mass trauma. The Rebels Project was formed by a group of Columbine survivors in the wake of the Aurora theater shooting in 2012.

- **VictimConnect Resource Center –** <https://victimconnect.org/>

The VictimConnect Resource Center is a weekday phone, chat, and text-based referral helpline operated by the National Center for Victims of Crime. Services are available for all victims of crime in the United States and its territories. Our victim assistance specialists receive extensive training and mentoring to provide emotional support, information, and referrals that empower visitors as they navigate the physical, emotional, legal, and financial consequences of crime.

24/7, Call or Text 1-855-484-2846

Geriatric Resources

- **Centers for Disease Control and Prevention (CDC); STEADI Initiative –**
<https://www.cdc.gov/steadi>

The CDC's STEADI (Stopping Elderly Accidents, Deaths & Injuries) initiative provides evidence-based fall prevention education for older adults, caregivers, and healthcare providers.

What It Offers: Easy-to-understand handouts, checklists, and educational materials on fall risk factors, chronic illness management, vision, medications, and home safety.

https://www.cdc.gov/steadi/patient-resources/?CDC_AAref_Val=https://www.cdc.gov/steadi/patient.html

- **Dallas County's Older Adult Services -**
<https://www.dallascounty.org/departments/dchhs/human-services/adult-svcs.php>

Dallas County's Older Adult Services oversees 18 senior center locations throughout the county offering social, recreational, and wellness activities, free nutritious meals, transportation services, and health programming for adults 60+.

Senior Center Locations: DCHHS Older Adult Services Program serves residents 60 years and older. Transportation is available to program participants. Nutritious Meals Served Daily Monday through Friday! Call (214) 819-1860 for more information. Visit this link to find a senior center near you:
<https://www.dallascounty.org/departments/dchhs/human-services/senior-centers.php>

- **Dallas Park & Recreation Department; Senior Services –**
<https://www.dallasparks.org/453/Senior-Programs>

Dallas Parks and Recreation operates senior centers throughout Dallas County that provide safe spaces for older adults to engage in physical activity, social connection, and health education.

Services Include: Balance and mobility classes, low-impact exercise, wellness education, and social programming, all of which support fall prevention and recovery after injury.
<https://www.dallasparks.org/Facilities?clear=True&categoryId=29>

- **Meals on Wheels via Visiting Nurse Association –**
<https://www.vnatexas.org/our-services/meals-on-wheels/>

VNA Meals on Wheels provides hot, nutritious, freshly prepared meals five days a week to Dallas County residents who cannot obtain or prepare meals for themselves due to illness, advanced age or disability. These meals contribute to the overall health and well-being of participating seniors, including those with chronic illnesses and frail seniors who are homebound.

How to Apply: If you or a loved one would like to apply to receive meals through VNA's Meals on Wheels program, please complete the VNA Meals on Wheels application form and return to VNA to begin the application process. PDF form found at this link:
https://visitingnurseassociationoftexas-ubxua.formstack.com/forms/meals_on_wheels_referral_form_copy

Submit PDF form via: Fax (214) 631-7554 | Email: getmeals@vnatexas.org

- **National Council on Aging (NCOA) –** <https://www.ncoa.org/>

The National Council on Aging is a trusted nonprofit focused on improving the health and economic security of older adults nationwide. Their resources are evidence-based and written specifically for older adults and caregivers.

Falls Prevention Resources: Educational materials on fall risks, home safety modifications, medication management, and strength/balance improvement. <https://www.ncoa.org/healthy-aging/falls-prevention/>

- **North Central Texas Area Agency on Aging (NCTAAA) –**
<https://www.nctcog.org/aging-services>

The Area Agency on Aging for Dallas County and surrounding counties provides services aimed at helping older adults remain independent and safe. Their programs focus on fall prevention, chronic disease management, benefits counseling, transportation, and in-home support services.

Call 800-272-3921 | Email sross@nctcog.org

Fall Prevention & Health Programs: Evidence-based classes such as A Matter of Balance and Stepping On to reduce fall risk and improve confidence. <https://www.nctcog.org/Aging-Services/Classes>

- **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>

General Resources

- **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.

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