

Mental Health Resources

Crisis:

Denton County Crisis Line, available 24/7- 1-800-762-0157

National Suicide Prevention Lifeline- 800-273-TALK (8255)

(Spanish) National Suicide Prevention Lifeline- 888-628-9454

Crisis Text Line- Text HOME to 741741

Suicide and Crisis Center of North Texas- 214-828-1000

The Trevor Project- 866-488-7386

TrevorText: Text START to 678678

The Trevor Project's 24-hour toll-free confidential crisis and suicide prevention helpline offers help for lesbian, gay, bisexual, transgender and questioning youth.

Here For Texas, Mental Health Navigation Line- 972-525-8181, 10 a.m. to 6 p.m. M - F

http://www.herefortexas.com/Navigating_a_Mental_Health_Crisis.html

Inpatient Mental Health Treatment:

Seay Center

6110 W. Parker Rd.

Plano, TX 75093

972-981-8300

Haven Behavioral Hospital

5680 Frisco Square Blvd., First Floor

Frisco, TX 75034

469-535-6298

University Behavioral Hospital

2026 W University Drive

Denton, TX 76201

888-320-8101

MHMR Psych Triage (Operates from sliding scale fee)

2509 Scripture, Suite 100

Denton, TX 76201

940-381-9965

Millwood Hospital

1001 N Cooper Street

Arlington, TX 76044

817-261-3121

Outpatient Mental Health Treatment:

Changes

6870 Lebanon Road, Suite 300

Frisco, TX 75034

469-850-2040

Connections Wellness Group

2701 Shoreline

Denton, TX 76210

940-222-2399

Seay Center

6110 W. Parker Rd.

Plano, TX 75093

972-981-8300

Excel Center of Lewisville

401 N Valley Parkway

Lewisville, TX 75067

972-906-5522

Bricolage

3240 Long Prairie Road, #A

Flower Mound, TX 75022

469-968-5700

Charis Behavioral Health

250 W Southlake Blvd, Suite 250

Southlake, TX 76092

817-997-4525

UBH

2026 W. University Dr

Denton, TX 76201

940-539-4989

For help seeking outpatient therapists or psychiatrist check out:

<http://www.herefortexas.com/search-local-professionals.html?clear=all>

OR

<https://www.psychologytoday.com/us>