

Community Resources

Need help with:



Mental and Emotional Support?

- **Child & Family Guidance**
(214) 351-3490 | childrenandfamilies.org
Contact for individual and family counseling.
- **Here For Texas**
(972) 525-8181 | herefortexas.com/types-of-support
Gives support and resources for individuals and families.



Food?

- **North Texas Foodbank**
(214) 330-1396 | ntfb.org
Locate food resources in North Texas and helps apply for Supplemental Nutrition Assistance Program (SNAP) benefits.



Transportation?

- **Dallas Area Rapid Transit (DART)**
(214) 979-1111 | dart.org
Information about trains, buses, or rides. Wheelchair access information is available.
- **Medicaid Medical Transportation Program**
(877) 633-8747
Please have your Medicaid Identification number to use this resource.



Paying Utilities?

- **For Dallas County**
 - **Dallas County Health and Human Services (DHHS)**
(214) 819-2000 | <https://dallascounty.org/departments/dchhs/welfare.php>
Short-term help for Dallas County residents.
- **For Collin County**
 - **Assistance Center of Collin County**
(972) 422-1850 | assistancecenter.org
Short-term help for Collin County residents.
- **For all other counties**
 - **211 (Texas Information & Referral Network)**
Call 2-1-1 | 211texas.org



Internet Access?

- **Internet For All**
(972) 925-6000 | internet4all.gov
Help hotline for internet access.



Housing or Paying Rent?

- **211 (Texas Information & Referral Network)**
Call 2-1-1 | 211texas.org
Statewide hotline for help with housing, homelessness, and applications for housing assistance.
- **Homeless Crisis Hotline**
(888) 411-6802 | mdhadallas.org/help-resources/



To Quit Smoking?

- **American Lung Association**
(800) 586-4872 | lung.org
Freedom From Smoking program for adults ready to quit smoking.



Other Financial Services?

- **211 (Texas Information & Referral Network)**
Call 2-1-1 | 211texas.org
Statewide help hotline. Gives community help information for food, housing, childcare, or emergency services.
- **FindHelp**
No phone | findhelp.org
Helps to locate resources for financial assistance, food pantries, medical care and other free or reduced-cost help.

If you need help with finding resources, please call the Social Work department at 214-456-2300