

# Mental Health Resources

## Suicide and Crisis Center of North Texas

214-828-1000 (24 hour Crisisline)

## University Behavioral Health of Denton

(Onsite/Mobile Assessments for Mental Health and Chemical Dependency)

940-320-8100

## Domestic Violence

Denton County Friends of Family

940-382-7273 or 800-572-4031 (24 hour Crisisline)

Hope's Door - Collin County

972-422-7233 (24 hour Crisisline)

## Teen Dating Violence

866-331-9474 or text "LOVEIS" to 22522

[www.loveisrespect.org](http://www.loveisrespect.org)

## Teen Emergency Shelter

City House 972-424-4626

## Informational Resources

[www.nimh.nih.gov](http://www.nimh.nih.gov)

(National Institute of Mental Health)

[www.adaa.org](http://www.adaa.org)

(Anxiety and Depression Association of America)

[www.nami.org](http://www.nami.org)

(National Alliance of Mental Illness)

[www.mentalhealth.gov](http://www.mentalhealth.gov)

(US Department of Health & Human Services)

## Resources Regarding Children's Mental Health

[www.childmind.org](http://www.childmind.org)

(Child Mind Institute)

[www.familyaware.org](http://www.familyaware.org)

(Families for Depression Awareness)

[www.nctsn.org](http://www.nctsn.org)

(The National Child Traumatic Stress Network)

[www.dbsalliance.org](http://www.dbsalliance.org)

(Depression & Bipolar Support Alliance)

[www.worrywisekids.org](http://www.worrywisekids.org)

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