

# Mental Health Resources



## Metrocare- Grand Prairie Location

Adult Mental Health Services including, evaluations, medication management, counseling, pharmacy services, skills services, and more.

- 1020 S Carrier Pkwy Grand Prairie, Texas 75051
- 214-330-2488
- Accept insurance
- If no insurance, then sliding scale for Dallas County residents
- Walk ins accepted 8am-2pm, M-F

## Tarrant County MHMR- Arlington Clinic

Mental health services for any age including: medication management, substance use services, ECI, behavioral health, peer support, and more.

- 901 W Sanford St Arlington, Texas 76011
- 817-569-4900
- Accept insurance, offer sliding scale for Tarrant County residents
- Walk ins accepted at this location on Friday from 8am-2pm

## Children First Counseling

Free/low cost counseling and education for all ages.

- 621 NW 6th Street Grand Prairie, Texas 75050
- 972-264-0604

## Southern Area Behavioral Health

Walk-in clinic for mental health services including crisis intervention, evaluations, medication management and refills, counseling, case management, and more.

- 4215 Gannon Lane Dallas, Texas 75237
- 972-283-9090
- Open Monday-Friday 2pm-10pm, Saturday- Sunday 2pm-7pm
- Must arrive 2 hours before closing to be seen
- Bring picture ID, proof of residency, proof of income, and insurance if applicable

## Hotline numbers:

Dallas County 24/7 Mobile Crisis Unit: 1-866-260-8000  
ICARE Call Center with MHMR Tarrant County: 817-335-3022  
Suicide and Crisis Hotline: 214-828-1000  
Trans Lifeline: 877-565-8860  
The Trevor Project: 866-488-7386

For additional help or support, please contact our Library Social Worker who can assist you free of charge:

Anne Marie Holstead, LCSW;  
972-237-5797; aholstead@gptx.org

# Housing Resources

## Grand Prairie Homeless Outreach Organization (GPHOO)

Organization that provides services for people who are experiencing homelessness in Grand Prairie.

- 214-212-7958
- [gphomelessoutreach@gmail.com](mailto:gphomelessoutreach@gmail.com)

## Union Gospel Mission

Organization that helps individuals and families experiencing homelessness. Can also help individuals or families on an emergency basis who are not homeless.

- <https://www.ugm-tc.org/>
- 1321 E Lancaster Ave Fort Worth, Texas 76102
- 817-339-2553

## Promise House

Youth Homeless and Runaway Services, for ages 0-24 years old, LGBTQ affirming.

- 224 W. Page Ave. Dallas, TX 75208
- (214) 941-8578 (Intake Coordinator Cristy Lopez)
- [www.promisehouse.org](http://www.promisehouse.org)

## Arlington Life Shelter

Shelter for individuals and families.

- Arrive between 2:00-4:00 for intake
- 325 W. Division St. Arlington, TX 76011
- (817) 548-9885
- Email: [info@arlingtonlifeshelter.org](mailto:info@arlingtonlifeshelter.org)
- [www.arlingtonlifeshelter.org](http://www.arlingtonlifeshelter.org)

## Salvation Army Family Life Center

Shelter for people with children.

- 712 W Abram St Arlington, Texas
- (817) 860-1836
- <https://www.salvationarmytx.org>

# Financial/Food Resources

## Arlington Charities

Food, Utility Assistance, Lunch, Holiday help, etc for Arlington residents or families within AISD boundaries.

- Call starting at 8:30am as vouchers run out each day.
- 817-275-1511
- <https://www.arlingtoncharities.org/>

## North Texas Food Bank

<https://ntfb.org/our-programs/get-food-assistance/>

## SNAP, TANF, WIC, Health Care

[www.yourtexasbenefits.com/learn/home](http://www.yourtexasbenefits.com/learn/home)

## Grand Prairie United Charities

Emergency financial assistance for Grand Prairie residents including: on-site food pantry and Utility/Rent assistance.

- 1417 Densman Street, Grand Prairie, Texas, 75051
- 972-262-2014
- Monday - Thursday 9am-1pm
- Bring proof of GP residence, application with necessary documents if applying for utility/rental assistance.

## Grand Prairie Co-Op

Food and clothing pantry for Grand Prairie residents.

- 118 NE 4th Street, Grand Prairie, Texas, 75050
- 972-264-8540
- 9:00-11:30 Monday - Friday
- Bring proof of GP resident, if you are experiencing homelessness they will still provide services.

## The Haven Church

Food Pantry

- Saturdays 9am -12pm
- 1513 S Belt Line Rd Grand Prairie, Texas, 75051

## GPISD Social Work Hub

Food Pantry for GPISD families

- 972-522-7070
- Open Monday - Thursday 8am-4pm
- 650 Stonewall Dr, Grand Prairie, Texas, 75052

## Grand Connection

Passengers are taken to medical/dental appointments, work, school and grocery shopping within the city limits of Grand Prairie. Must be over 60 years old or have a physical or mental disability.

- <https://www.gptx.org/city-government/city-departments/transportation-services/transit>

## Vocational Rehabilitation- Texas Workforce Commission

Provides services for adults with physical or mental disabilities to help them prepare for, obtain, and retain employment.

- Grand Prairie office: Jennifer Berent, 469-275-6445, [jennifer.berent@twc.texas.gov](mailto:jennifer.berent@twc.texas.gov) | 801 S State Hwy 161 Suite 500 Grand Prairie, Texas 75051
- Call 469-275-6445 or 972-264-5881 to get started

## GetRentHelp.com

For Tarrant County residents who are having difficulties paying their rent.

- <https://www.getrenthelp.com/>

## Legal Aid of Northwest Texas

Low-cost legal services.

- <https://internet.lanwt.org/en-us>

# Aging Resources



## Senior Source

Financial guidance, nursing home advice, connection help, advocacy, and more for senior citizens.

- <https://theseniorsource.org/>
- 214-823-5700

## Aging and Disability Resource Center of Tarrant County

Advice and resources for senior citizens on: housing, long term care, veteran resources, options counseling, and more.

- 855-937-2372
- <https://tarrantcountypadrc.org>

## Area Agency of Aging of Dallas County

Advice and resources for senior citizens on: housing, long term care, veteran resources, options counseling, and more.

- 214-871-5065

## Meals on Wheels

For individuals who are senior citizens, have a disability, or are homebound

- Dallas County: 214-889-2639
- Tarrant County: 817-336-0912

## Grand Connection

Passengers are taken to medical/dental appointments, work, school and grocery shopping within the city limits of Grand Prairie. Must be over 60 years old or have a documented physical or mental disability.

- <https://www.gptx.org/city-government/city-departments/transportation-services/transit>

For additional help or support, please contact our Library Social Worker who can assist you free of charge:

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972-237-5797;  
[aholstead@gptx.org](mailto:aholstead@gptx.org)

# Domestic Violence Resources



## Brighter Tomorrows

Shelter and services for people experiencing domestic violence and sexual assault.

- 24/7 hotline: 972-262-8383
- Provide services such as: emergency shelter, counseling, case management, crisis intervention, skills classes, and transitional housing
- [www.brightertomorrow.net](http://www.brightertomorrow.net)

## Safe Haven of Tarrant County

Shelter and services for people experiencing domestic violence.

- 24/7 hotline 1-877-701-7233
- Provide services such as: 24-hour emergency shelter, transitional housing, counseling, case management and legal support
- [www.safehaventc.org](http://www.safehaventc.org)

## One Safe Place

An organization that provides a multi-agency network of support for people fleeing Domestic Violence, all under one roof.

- 817-916-4323
- 1100 Hemphill Street, Fort Worth, Texas 76104
- Open from 8:30 - 5:00
- Can walk-in or call for services

## Hotline numbers:

Dallas Rape Crisis Center: 972-641-7273

National Human Trafficking Hotline: 888-373-7888

For additional help or support, please contact our Library Social Worker who can assist you free of charge:

Anne Marie Holstead, LCSW;  
972-237-5797;  
[aholstead@gptx.org](mailto:aholstead@gptx.org)

# Adult Educational Services



## GED / High School Equivalency

These GED services are offered locally in Grand Prairie for free.

- For Young Adults (Ages 16-24): Call 214-302-5500 or visit <https://dallasyoungadult.wixsite.com/destinationsuccess>
- For All Adults: Call 972-264-5881 or visit <https://www.wfsdallas.com/ael/>

Please contact our Adult and Spanish Programming Librarian for more information:

Josh Rudd; 972-237-5703;  
[jrudd@gptx.org](mailto:jrudd@gptx.org)

# Servicios Educativos Para Adultos

## Servicios de la Biblioteca Para la Primavera de 2022

### Clases de Inglés

Cada lunes y miércoles a las 6-8 p.m.

Biblioteca Principal | 10 de enero - 18 de mayo ¡Acompáñenos para aprender inglés en la biblioteca completamente gratis! Para inscribirse, contacte a Josh, [jrudd@gptx.org](mailto:jrudd@gptx.org). No habrá clase el 17 de enero o el 21- 23 de marzo.

### GED en español

Cada martes a las 6-8 p.m. | Biblioteca Principal Cada jueves a las 6-8 p.m. | En línea por Zoom 11 de enero - 19 de mayo

Acompáñenos para clases de GED en persona y en línea para tener éxito académico. Para más información, contacte a Alejandro, [anpadiga@gmail.com](mailto:anpadiga@gmail.com). No habrá clases el 22-24 de marzo.

## Clases de Inglés y GED / Equivalencia de escuela secundaria

Estos servicios de GED gratis están ofrecidos localmente en Grand Prairie.

- Para Adultos Jóvenes (Edades 16-24): Llama a 214-302-5500 o vaya a <https://dallasyoungadult.wixsite.com/destinationsuccess>
- Para Todos Adultos: Llama a 972-264-5881 o vaya a <https://www.wfsdallas.com/ael/>

Puede contactar a nuestro Bibliotecario de Programas Para Adultos para más información.

Josh Rudd; 972-237-5703;  
[jrudd@gptx.org](mailto:jrudd@gptx.org)

# Children and Family Resources



## GPISD Social Work Hub

Emergency services for GPISD families including: food, clothes, hygiene products, school supplies, housing assistance, and mental health resources.

- 972-522-7070
- Open Monday- Thursday 8am-4pm
- 650 Stonewall Drive Grand Prairie, Texas 75052

## Nurse-Family Partnership

Free nursing care for help and support for first time pregnant moms who are less than 28 weeks pregnant.

- <https://www.nursefamilypartnership.org/tx-nfp/>
- 214-584-2322

## Lifeline for Families

Provide financial rental assistance to families with children in the GPISD who are facing homelessness.

- 972-642-7744
- [melinda@lifelineshelter.org](mailto:melinda@lifelineshelter.org)
- [www.lifelineforfamilies.org](http://www.lifelineforfamilies.org)

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