

Signs of *NOT* Coping Well*

- Changes in sleep (too much or too little)
- Unable to control anger; easily irritated
- Feeling hopeless; like “it’s not worth it”
- Increase use of alcohol or other drugs
- Difficulty concentrating; distracted; memory loss
- Feeling blue or down in the dumps
- Crying a lot; unable to stop crying
- Anxiety; panic; trouble breathing
- Changes in eating habits (losing/gaining weight)
- Fighting with family, friends, coworkers
- Dramatic mood swings

*This does not constitute a medical diagnosis. Please see your healthcare provider for medical assistance.

We all may experience these things from time to time. But if any of these symptoms continue for longer than a month or cause disruption in your life or a family member’s life:

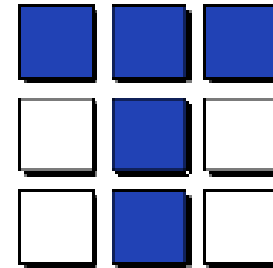
Don’t Do It Alone

- Talk it over with someone you trust
- Reach out to family, friends, faith community, or social agency
- Find out what services your employer offers such as:
 - * Company Benefits
 - * Health Insurance
 - * EAP Services

This list of services and resources was compiled by Tarrant Council on Alcoholism & Drug Abuse. While every effort was made to verify the contact numbers and services provided by each organization, we cannot guarantee the accuracy of services and numbers listed.

Know How To Get Help was developed under a grant from the Substance Abuse Mental Health Services Administration for the Small Business Wellness Initiative, in which Tarrant Council, Organizational Wellness and Learning Systems and the North Texas Small Business Development Center collaborated.

Know How to Get Help in Dallas County

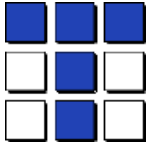


A Resource Guide Provided By
Tarrant Council on Alcoholism & Drug Abuse
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Fort Worth Office
1701 West Freeway, Suite 1
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401 W. Sanford, Suite 1900
Arlington, Texas 76011
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Our Mission: To Reduce Drug and Alcohol Abuse in Our Community



Tarrant Council on Alcoholism & Drug Abuse

(817) 332-6329

For information and referral, call us 24 hours a day.

Tarrant Council on Alcoholism & Drug Abuse is the primary agency in Tarrant County with a 47-year history of providing awareness, education, case management, assessment, intervention and prevention services to our residents. Besides providing substance abuse education to thousands, the role of Tarrant Council is to act as the gateway through which those who reach out for help with drug and alcohol problems may access services. Most programs and services are offered free of charge.

SUBSTANCE ABUSE TREATMENT

Public Inpatient Treatment (free or sliding scale)

Homeward Bound/Trinity Dallas	214-941-3500
Nexus Recovery Center	214-321-0156
Turtle Creek Manor	214-871-2484
Parkland Hospital	214-590-8770
Serenity House (women/children)	877-955-4673

Public Outpatient Treatment (free or sliding scale)

Addiction Counseling Associates	214-827-6400
Addicare Group of Texas (sliding scale, 18+)	214-824-6503
The Cedars Hospital (sliding scale, 18+)	972-298-7323
ARC (MHMR Addiction Recovery) Hurst	817-569-5750
Community Alcohol Drug After Care Program	214-371-8905
New Beginnings House	214-376-8187

Private In/Outpatient (Insurance, Medicare, Medicaid)

AAAAAFT (Watershed Prog-Detox/Rehab/Free Assess)	1-800-711-6402
CPC Millwood (Arl)(M/W/A/IP/OP)	817-261-3121
Parkland Hospital	214-590-8000
Shoreline (age 13-18 years)	1-800-949-2141
Timberlawn Mental Health Systems	214-381-7181
Turning Point Counseling Center	800-588-4272

HOMELESS CARE FACILITIES

Day Resource Center	214-670-3043
Casa Shelter-YMCA (age 10-17 years)	214-358-4504
Salvation Army Shelters	214-424-7000

Night Shelters

Austin Street Shelter (Men 40+, Women 18+)	214-428-4242
Salvation Army	214-424-7000
Soul's Harbor Shelter (Men only)	972-286-1940
Magdalen House (Women only)	214-324-9261
Mission Corp. International	214-821-8335
Union Gospel Mission (Women/Children)	214-747-5606
Union Gospel Mission (Men)	214-637-6117
24 Hour Club	214-823-3200

SUPPORT GROUPS

Chemical Dependency

AA (24 hour hotline)	214-887-6699
Spanish AA	214-905-0770
Narcotics Anonymous	972-699-9306
24 hour group	1-888-629-6757
Cocaine Crisis Hotline	1-800-347-8998
TPAPN (Texas Peer Assistance Program for Nurses)	1-800-288-5528

Grief

National Grief Loss (loss of infant)	800-821-6819
Healing Matters (any loss)	972-519-1588
Grief Recovery Institute	800-445-4808

Other Support Services

Aids Information Line	800-299-2437
UT Southwestern Medical Women's	
Healthcare (HIV test/counseling)	214-905-2173
Gay and Lesbian Alliance	214-528-4233
Resource Center of Dallas	214-528-0144

EMERGENCY NUMBERS

All Emergencies	911
Mental Health Crisis Hotline	214-330-7722
Rape Crisis Center	214-590-0430
Women's Shelter	214-942-2998
Suicide Crisis Center	214-828-1000
Texas Runaway/Youth Hotline	888-580-4357

HELP LINES

Dallas Council on Alcohol and Drug Abuse	214-522-8600
Social Security Office	800-772-1213
Texas Department of Human Services	214-827-5210
TCADA (Texas Commission/Alcohol & Drug Abuse)	800-832-9623
Gambling Addiction Hotline	800-522-4700
Salvation Army Substance Abuse	214-424-7000
Nicotine Anonymous	214-327-1633

MENTAL HEALTH

Manic Depressive Association	214-689-3780
National Depressive & Manic-Depressive Assn	http://www.ndmda.org
NAMI (National Alliance for the Mentally Ill)	214-350-7196
Parkland Hospital Psychiatric Emergencies	214-590-8761

LEGAL AID/REPORTING

Texas Department Human Services	
Child Protective Services	800-252-5400
Texas Legal Hot Line	800-777-3247
Trinity Works	214-653-1711
Legal Services of North Texas	214-748-1234
Lawyer Referral Service of the Texas Bar Association	214-220-7444

HOUSING

Dallas Housing Authority	214-951-8300
CCCS Mortgage Assistance	214-638-2227
Catholic Charities Family Assistance Center (Food, Utilities, Housing)	214-941-8596
Interfaith Housing Coalition	214-827-7220
Housing Crisis Center	214-828-4244
Habitat for Humanity	214-827-4037

DEBT/CREDIT/FINANCIAL

CCCS - Dallas County	972-638-2227
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FAMILY SERVICES

Al Anon Dallas Central Office	214-363-0461
Child Care Information	800-862-5252
Family Place Services (Domestic Violence)	214-443-7700
Women's Shelter (Abuse)	214-942-2998
Salvation Army Family Violence	214-424-7000
CHIPS/TexCare Health insurance for Children	800-647-6558
Texas Registry of Parent Educator Resources	888-662-7457
Care for elderly parents	800-677-1116

ADOLESCENT SERVICES

Big Brothers/Big Sisters	214-871-0876
Nexus (Dallas - Women/Children; A/Girls)	800-865-2224
Teen Challenge (Women Only 1 yr)	817-336-8191
Victory Home (Men/Women, 14+, Non med detox)	817-626-1819
Texas Runaway Hotline	888-580-4357

UTILITIES/RENT/FOOD/ FURNITURE/CLOTHING

Catholic Charities	214-342-8231
Salvation Army Emergency Asst.	214-424-7000
Food Stamps Hotline	877-556-2200
North Texas Food Bank	214-379-4357
Holy Cross Food Pantry	214-528-3855
Northwest Bible Church	
Food and Clothing	214-739-2711
Stewpot food pantry	214-746-2785
Network of Community Ministries	972-234-8880
Mission Oak Cliff (food, clothes)	214-942-6407
TU Electric	972-791-2888

MEDICAL

Parkland Hospital	214-590-8000
Stewpot (dental/medical)	214-746-2785
North Dallas Shared Ministries	972-620-8696
New Connections UT Southwest	214-905-2166
Metro Health Care (Geriatrics)	214-634-2345
Health South Clinic	972-484-9000
Visiting Nurse Association of Texas	800-442-4490

COUNSELING/MEDIATION

Trinity Works (crisis intervention, support groups, counseling, legal services, job training and placement)	214-653-1711
YWCA Women's Resource Center	214-826-9922
Suicide and Crisis Center	214-824-7020

2-1-1 TEXAS

Residents in Dallas County can get information about important non-emergency services, such as childcare centers, help for aging parents and other health and human services by dialing 2-1-1. Free and confidential, information & referral service available 24 hours.