

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:

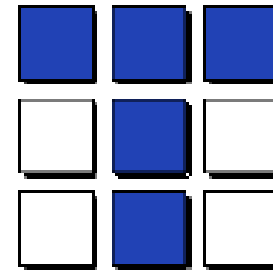
Don’t Do It Alone

- 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 Denton

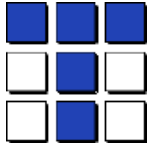


A Resource Guide Provided By
Tarrant Council on Alcoholism & Drug Abuse
www.tarrantcouncil.org

Fort Worth Office
1701 West Freeway, Suite 1
Fort Worth, Texas 76102
817-332-6329
817-332-2828 Fax

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401 W. Sanford, Suite 1900
Arlington, Texas 76011
817-548-9993
817-459-1408 Fax

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.

ADULT/INDIVIDUAL SERVICES

MENTAL HEALTH

Denton County MHMR Center 940-381-5000
Provides services to adults and children with mental disabilities, pervasive developmental disorders, child chemical dependency, AIDS, HIV testing and outreach. (Reduced Fee Basis, bi-lingual)
National Depressive & Manic-Depressive Assn
<http://www.ndmda.org>

LEGAL AID/REPORTING

Texas Department Human Services
Denton County 940-591-6200
Children's Advocacy Center for Denton
972-317-2818
940-777-3247
Texas Legal Hot Line
Legal Services of North Texas 214-748-1234
Texas Lawyer Free Referral 800-252-9690
West Texas Legal Service 940-383-1406
Civil legal services for low income families and persons)

HOUSING

Habitat for Humanity of Denton 940-484-5006
Builds affordable housing for low-income families (Reduced Fee Basis, bi-lingual)
Denton Housing Authority 940-383-3039
Housing for individuals, families, the elderly or people with disabilities who have limited income (Free Service, Bi-lingual)
Friends of the Family, Denton 940-387-5131
Provides shelter, counseling and advocacy for victims of sexual assault and family violence. Offers counseling for batterers. (Free service, Reduced Fee Basis, bi-lingual)
Denton Community Development 940-349-7726
Denton Affordable Housing Corp 940-484-7048

HELP LINES

Texas Runaway Hotline 800-580-4357
Texas Youth Hotline 800-210-2278
Provides crisis intervention and telephone counseling to troubled youth and families who face issues related to family conflicts, delinquency, truancy, abuse and neglect. (Free service, bi-lingual)
Texas Registry of Parent Educator Resources
888-662-7457
United Way 940-566-2688
Denton Crisis (Suicide, mental) 940-387-5555
Social Security Office 800-772-1213
Texas Commission/Alcohol & Drug Abuse
800-832-9623
Gambling Addiction Hotline 800-522-4700

COUNSELING

Family Connection 940-382-5328
TWU Counseling and Family Development 940-898-2600
UNT Child and Family Resource 940-565-2066
UNT Counseling and Human Development 940-565-2970

MEDICAL

Public Health Department
Denton county 940-349-2900
Child, adolescent and adult health and immunization service. (Free service, Reduced Fee Basis, Some Cost based services, bi-lingual)
North Texas Community Clinic 940-382-2842
Provides prenatal and family planning care for the low-income population (Reduced Fee Basis, bi-lingual)
Aids Services of North Texas 940-381-1501
Education programs, information and referrals, counseling and support services for persons with AIDS and their families and friends. HIV testing and education. (Free service, bi-lingual)
Planned Parenthood 940-891-0737
Reach (Disability services) 940-383-1062

PUBLIC-IN-PATIENT TREATMENT

SUBSTANCE ABUSE
Serenity House (women/children) 877-955-4673
Denton County MHMR Center 940-381-5000

PRIVATE - IN/OUT PATIENT

SUBSTANCE ABUSE
Shoreline (age 13 - 18 years) 800-949-2141
Millwood Hospital 817-261-3121
AAAACFT 800-711-6402
(Detox/Rehab/Free Assess)
Minirth Clinic 972-669-6402

JOB HELP

Texas Workforce Commission
Denton Resource Center 940-382-6712
Employed Teens www.youthrules.dol.gov

DEBT/CREDIT/FINANCIAL

Consumer Credit Counseling Service
Phone counseling only 800-249-2227
Debt Consolidation 800-372-7334

SUPPORT GROUPS

FAMILY

Al-Anon/Alateen 214-363-0461
Dallas, Collin, Denton
Provides support for friends and family of alcoholics, Education programs available. (Free service, bi-lingual)
Family Resource Center
Denton County 940-566-1800
Denton County 800-572-4031
Baby-Love Toll Free Information 800-422-2956
Referral service for people needing assistance with health, human service, support groups (Free)
Help Net of Greater Denton 940-382-1913

CHEMICAL DEPENDENCY

AA (24 hour hotline) 214-887-6699
Spanish AA 214-905-0770
Narcotics Anonymous 972-699-9306
Cocaine Crisis Hotline 800-347-8998
24 Hour Group 888-629-6757

GRIEF

National Grief Loss (loss of infant) 800-821-6819
Grief Recovery Institute 800-445-4808

CHILD SERVICES

Institute for Clinical Services and Research 940-898-2285
Kiwans Club Children's Clinic 940-387-6323
Summer Summits, Inc. (Teen Summer Program) 940-566-1791
Big Brothers & Sisters 940-383-4441

UTILITIES/RENT/FOOD/FURNITURE/CLOTHING

Christian Community Action Lewisville 942-221-1224
Assistance with housing, food, rent, utilities, adult healthcare training and job placement opportunities for families in crisis
Salvation Army of Denton 940-566-3800
American Red Cross 972-219-4860
Food Stamps Hotline 877-556-2200
North Texas Food Bank 214-379-4357
TU Electric 972-791-2888
Southwestern Bell 972-948-4811

2-1-1 TEXAS

Residents in Denton 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.