



North Texas Clinical Trials

1650 W Rosedale, Suite 300 Fort Worth, TX Phone: 817-744-8844

COMMUNITY SUPPORT RESOURCES



Center for Transforming Lives works side-by-side with women and their children to disrupt the cycle of poverty throughout Tarrant County. Our services are two-generational and establish long-term financial and emotional well-being.

CTL is dedicated to providing trauma-informed, 2-generational services

including:

- Homeless services, rapid-rehousing, and long-term leasing support.
- Early Head Start and Head Start program partnerships to provide no-cost developmental education to prepare ages 0-5 for school.
- Educating women in financial literacy, individual and group coaching, career-readiness and small business development resources.
- Supporting women and their children in healing past-trauma and present-trauma through free Clinical Services.

Center for Transforming Lives

512 West 4th Street

Fort Worth, TX 76102

Contact: (817) 332-6191

<https://transforminglives.org/>



Through over 300 Clubhouses in 32 countries around the world, Clubhouse International offers people living with mental illness opportunities for friendship, employment, housing, education and access to medical and psychiatric services in a single caring and safe environment – this social and economic inclusion reverses the alarming trends of higher suicide, hospitalization and incarceration rates associated with mental illness.

Clubhouses are a powerful demonstration of the fact that people with mental illness can and do lead normal, productive lives. Clubhouses are local community centers that provide members with opportunities to build long-term relationships that, in turn, support them in obtaining employment, education and housing, including:

- a work-ordered day in which the talents and abilities of members are recognized and utilized within the Clubhouse;





- participation in consensus-based decision-making regarding all important matters relating to the running of the Clubhouse;
- opportunities to obtain paid employment in the local labor market through a Clubhouse-created Transitional Employment Program. In addition, members participate in Clubhouse-supported and Independent programs;
- assistance in accessing community-based educational resources;
- access to crisis intervention services when needed;
- evening/weekend social and recreational events; and
- assistance in securing and sustaining safe, decent and affordable housing.

Cowtown Clubhouse

415 May Street

Fort Worth, Texas 76110

Contact: (817) 885-7409

<https://cowtownclubhouse.org/>



**Depression and Bipolar
Support Alliance**

Depression and Bipolar Support Alliance (DBSA) changes lives, saves lives and impacts lives, through education, peer support groups and advocacy for those diagnosed with a mental health illnesses and empowers their family and friends to embrace their independence, advocate for improved services, and to love them for who they are. DBSA Dallas is a peer-run community of people with mood challenges and their friends and families. Our community is dedicated to support and empower by providing a safe and compassionate peer to peer support groups.

Support Network Schedule

- Every Monday 2 - 3:30pm on Zoom Pathway to Recovery
- Every Tuesday 7 - 8:30pm on Zoom Joint meeting peers and loved ones.
- Every Wednesday 7 - 8:30pm on Zoom Joint meeting peers and loved ones.
- 1st, 2nd, and 5th Thursday 7 - 8:30pm on Zoom Joint meeting peers and loved ones.
- Fourth Thursday 7 - 8:30pm Hybrid Joint meeting peers and loved ones
- Every Friday on Zoom 7 - 8:30pm on Zoom Joint meeting peers and loved ones.
- Every Saturday except the 2nd 7 - 8:30pm on Zoom Joint meeting peers and loved ones.
- Second Saturday of every month 6:30 - 8:30pm In-person Joint meeting peers and loved ones.
- 2nd and 4th Sunday of every month 3 - 4:30pm on Zoom Joint meeting peers and loved ones.

DBSA Dallas

Richardson, TX

Email: info@dbsadallas.org

(817) 654-7100

Carol King: (972) 709-5464

<https://www.facebook.com/Depression-And-Bipolar-Support-Alliance-Dallas-2153898754908778>



MHA is a powerful voice for healthy communities throughout the nation and offers information, referrals, and resources for individuals living with any type of mental illness. One of MHA's services includes online screening, which is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable.

And recovery is possible.

Mental Health America of Greater Tarrant County believes in building awareness of mental wellness within the community. We strive to provide knowledge and outreach which aid to improve the lives of those we serve by helping them to remember their true nature and resilience. MHA of Greater Dallas promotes mental wellness through community education and policy advocacy. MHA of Greater Dallas has helped our community improve mental health through advocacy, community education and resources for both adolescents and adults. As a non-profit we're committed to helping our Dallas-area community by giving a voice to people without one, helping people help themselves and changing how people think about mental illness and mental health.

MHA of Greater Tarrant County

3136 W 4th Street
Fort Worth, TX 76107
Contact: (817) 335-5405
<http://www.mhatc.org/>



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Your local NAMI Affiliates and volunteer leaders work in communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.

NAMI Tarrant County provides free peer-led mental health education classes and support groups for individuals living with a mental health condition and their loved ones, as well as hosts community events. NAMI Tarrant County is located in North Texas and we are an affiliate of NAMI.org.

NAMI Tarrant County

3136 4th Street
Fort Worth, TX 76107
Contact: (817) 332-6677
Email: info@namitarrant.org
<https://namitarrant.org/>





The Fort Worth Hope Center "Fights hunger and Feeds hope" in the Dallas/Fort Worth area by helping people who live in low income communities have a "Place to go for HOPE". HOPE for finding food to feed their families, and HOPE for developing vocational skills and certifications which allow them to find meaningful employment and become self-sufficient.

This is done by collaborating with community businesses and organizations to provide:

- Food Distribution programs
- Vocational Training and Certifications
- Job placement

Fort Worth Hope Center

3625 East Loop 820 South

Fort Worth, Texas 76119

Contact: (817) 451-6288

<https://www.fwhope.org/about-us>



My Health My Resources of Tarrant County (MHMR) is the second-largest community center in Texas. Our services include:

- Mental Health
- Intellectual and Developmental Disabilities
- Addiction / Substance Use
- Child and Family Services
- Early Childhood Intervention (ECI)
- Criminal Justice Support
- Veterans
- Homelessness

Our staff are clinical and administrative professionals, including nurses, social workers, therapists and case managers who provide services at more than 50 locations across North Texas. We provide these services with our partners in the public and private sector.

My Health My Resources of Tarrant County

Contact : (817) 335-3022

<https://www.mhmrtarrant.org/>



North Texas Clinical Trials



north texas area
community health centers

North Texas Area Community Health Centers takes a coordinated team-based approach to healthcare. That means our team of medical professionals work together to provide for your primary health care needs and assist in arranging appropriate care with other qualified professionals and/or specialists to ensure your continuity of care. NTACHC cares for all patients regardless of race, religion, national origin, disability, sex, gender, sexual orientation, age, military service or income. We believe access to care should be available to all within the community. We offer a variety of payment options to help you get your care.

North Texas Area Community Health Centers

Southeast Community Health
2909 Mitchell Blvd.
Fort Worth, TX 76105
Contact: (817) 625-4254

Northside Community Health
2332 Beverly Hills Dr.
Fort Worth, TX 76114
Contact: (817) 625-4254
<https://ntachc.org/>

NORTH TEXAS COMMUNITY FOUNDATION

North Texas Community Foundation works with local donors and leaders to respond to the needs of our region. Together, we can cultivate a more vibrant and resilient community where all North Texans can thrive.

North Texas Community Foundation

777 Main Street Suite 2850
Fort Worth, TX 76102
Contact: (817) 877-0702
<https://northtexascf.org/>

Presbyterian Night Shelter

At **Presbyterian Night Shelter of Tarrant County**, we know the fight to end homelessness can't be won with a "one-size-fits-all" solution. That's why we provide services that address the diversity of our guest population. We offer veteran housing, behavioral care housing, and family housing for individuals facing homelessness.

Presbyterian Night Shelter of Tarrant County

2400 Cypress Street
Fort Worth, TX 76102
Contact: (817) 632-7400
Email: towen@journeyhome.org
<https://www.journeyhome.org/>





The Jed Foundation (JED) does not have boots on the ground in your area, but they do have online resources for adolescents and young adults. They also offer educational material.

[The Jed Foundation](#)

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive.

The Jed Foundation

Phone: 212 647 7544

<https://jedfoundation.org/mental-health-resource-center/>



**American
Foundation
for Suicide
Prevention**

American Foundation for Suicide Prevention North Texas grassroots work we do focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to

suicide.

AFSP North Texas

Contact: Katie Moreno, North Texas Area Director

Email: kmoreno@afsp.org

Phone: 972-837-3322

<https://afsp.org/chapter/north-texas>