

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:

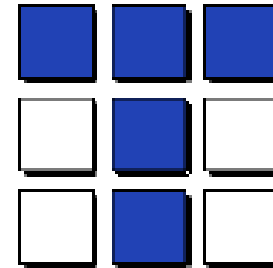
Don’t Do It Alone

- 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 Tarrant County

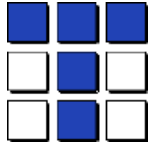


A Resource Guide Provided By
Tarrant Council on Alcoholism & Drug Abuse
www.tarrantcouncil.org

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

Arlington Office
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.

PUBLIC-INPATIENT TREATMENT

(free or sliding scale)

Billy Gregory/Pine St (Men/Women 18+)	817-569-4600
Cenikor (Men/Women 18 mo)	817-921-2771
Salvation Army (Men only 21+)	817-834-6271
VOA Riverside (Men/Women)	817-534-3432
Ave J (Men only)	817-535-0853
Ave H (Women only)	817-535-8039

PUBLIC-OUTPATIENT TREATMENT

(free or sliding scale)

Access (MHMR Dual Diagnosis)	817-569-4650
ARC (MHMR Addiction Recovery Ctr)	817-569-5750
CATS (Referral source)	817-569-5250
HOPE	817-558-8807
Street Outreach (Referral source)	817-569-5760
Tarrant Community Outreach (TCO)	
2921 Lackland Rd.	817-569-6277
711 E. Lamar	817-461-4141
VOA Riverside (Aftercare Men/Women)	817-534-3432
The Right Step	817-626-1086

PRIVATE - IN/OUTPATIENT

(Insurance, Medicare, Medicaid)

AAAACFT	1-800-711-6402
Abode (Criminal Justice)	817-246-8677
All Saints Access Services	817-922-1162
Millwood Hospital	817-261-3121
Excel Center (Outpatient only)	817-335-6429
Foundation Behavioral Health Center	817-429-2290
Harris Methodist (Springwood)	817-355-7700
HOPE (Criminal Justice)	817-558-8807
Hugley (DDX, MH, CD)	817-568-3336
New Vision (detox only)	817-735-3366

MENTAL HEALTH

Manic Depressive Association	817-654-7100
MHMR	817-335-3022
MHMR Day Haven	817-569-5400
National Alliance for the Mentally Ill	817-332-6600
Mental Health Association	817-335-5405

SUPPORT GROUPS

CHEMICAL DEPENDENCY

AA (24 hour hotline)	817-332-3533
24 Hour	817-624-0761
NA (24 hour hotline)	817-624-9525
CA (Cocaine Anonymous)	817-335-6360
TPAPN	1-800-288-5528

GRIEF

Compassionate Friend	817-295-8679
SHARE	817-571-2420
Life After Loss	817-737-9990
The Warm Place (for children)	817-870-2272
Grief Recovery Institute	800-445-4808

OTHERS

AIDS Outreach	817-336-0066
Agape MCC-Church AIDS/HIV	817-535-5002
Gay and Lesbian Alliance	817-877-5544
AIDS Interfaith	817-665-1323

HELP LINES

AIDS Info Line	817-336-0066
Ask A Nurse	817-927-1222
First Call for Help	817-258-8100
Social Security Office	1-800-772-1213
Texas Department of Human Services	
Lancaster Street	817-536-3353
Arlington	817-460-6491
Fort Worth Downtown	877-556-2200
Texas Rehabilitation Commission	
	817-923-5080
Reach Council-Johnson County	972-723-1053
TCADA (Texas Commission/Alcohol & Drug Abuse)	
	1-800-832-9623
Gambling Addiction Hotline	800-522-4700

HOMELESS CARE FACILITIES

Cornerstone Assistance Network	817-595-0274
New Beginnings	817-926-2506
Oasis	817-535-3388

SHELTERS-NIGHT

Arlington Night Shelter	817-548-9885
Presbyterian Night Shelter	817-336-1781
Union Gospel Mission	817-332-3019

SHELTERS-DAY

Day Resource Center	817-810-9797
Mission Arlington	817-277-6620

HOUSING

Fort Worth Housing Authority	817-336-2419
Section 8: Arlington	817-275-3351
Fort Worth	817-336-2419
Haltom City	817-834-0691
Tarrant County	817-338-9210
Friendship House Salvation Army	817-531-2923
Liberation Community	817-534-7186
Neighborhood Resource Development Program (Own home/emergency repairs)	817-871-5775
Housing Department	817-871-7540
YWCA/Housing for Women	817-332-6191

WOMEN'S SERVICES

Women's Shelter, Arlington	817-460-5566
Women's Haven	817-536-3809
Women's Center Rape Crisis	817-927-2737

FAMILY SERVICES

Attorney General	
Child Support Enforcement	817-931-9811
Al-Anon/Al-Ateen	817-336-2492
Nar-Anon	817-738-2762
Salvation Army	
Family Life Center	817-332-2495
Arlington	817-274-8886

ADOLESCENT SERVICES

Cooks Children's	817-870-7475
(Outpatient/3-13 Boys/Girls; Psy/CD)	
Tarrant Youth Recovery Campus	817-921-5050
JPS Psy	817-927-4151
Child Protective Services (CPS)	817-792-4400
Nexus (Women/Children)	1-800-865-2224
Teen Challenge (Women only)	817-336-8191
Victory Home (Men/Women)	817-626-1819
Big Brothers/Big Sisters	817-277-1148
The Bridge	817-335-4673

BUSINESS SERVICES

DOT and non-DOT Evaluations	817-332-6329
Drug-Free Business North Texas (Policy Development, Supervisor and Employee Training, Drug Testing and EAP Referral)	
	817-332-6329
Organizational Wellness & Learning Systems	
	817-921-4260
North Texas Small Business Development Center	800-350-7232

DEBT/CREDIT/FINANCIAL

CCCS - Tarrant County	817-732-2227
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LEGAL AID/REPORTING

Texas Department Human Services	
Child Protective Services	800-252-5400
Texas Legal Hot Line	800-777-3247
West Texas Legal Services	817-336-3943

UTILITIES/RENT/FOOD/FURNITURE/ CLOTHING

Berry Good Buys	817-921-2793
Catholic Charities:	
Arlington	817-274-2560
Fort Worth	817-921-5381
NE Tarrant Country	817-282-6646
Harvest House	817-295-6252
Cornerstone Assistance Network	817-810-9941
Loaves and Fishes Soup Kitchen	817-336-2419
Mission Arlington	817-277-6620
St. Bartholomew Conf. Utility Assistance	
	817-292-7703
Tarrant Department of Human Services	
Rent/Mtg/Utilities	817-531-5620
Food Stamps Hotline	877-556-2200
TU Electric	972-791-2888
United Community Centers, Inc.	817-927-5556
Union Gospel Mission	817-332-3019

MEDICAL

Community Health Partnership of Tarrant County	
Dental/Eye/Medical	817-870-2803
Health Department:	
Fort Worth	817-871-7200
Arlington	817-871-7259
Guardian Home Health	817-882-8200
John Peter Smith Hospital	817-921-3431
Mission Arlington	817-277-6620
(Medical/Dental/Eye Exams)	

COUNSELING/MEDIATION

Richland Hills Counseling Ctr	817-281-0101
Tarrant County Challenge	817-336-6617
Tarrant Community Outreach	
Fort Worth	817-569-6277
Arlington	817-795-3030
The Women's Center	817-927-4000

EMERGENCY NUMBERS

All Emergencies	911
JPS Psychiatric Emergency	817-927-1110

2-1-1 TEXAS

Residents in Tarrant 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. Cell phones: dial 817-258-8100. Free and confidential, information & referral service available 24 hours.