












Community Assistance & Social Support

About This Resource

Social stability (including access to housing, food, transportation, safety, and legal protection) is essential for long-term health. These programs connect individuals and families with local support across the Dallas–Fort Worth region, including shelters, clinics, victim-assistance programs, and public benefits. Availability and eligibility may vary; please call or visit websites for the most current information.



Housing & Shelter (Dallas–Fort Worth Area)

- **The Bridge Homeless Recovery Center – Dallas**
 (214) 670-1100 |  bridgehrc.org
- **Austin Street Center – Dallas**
 (214) 428-4242 |  austinstreet.org
- **Salvation Army – Carr P. Collins Social Service Center**
 (214) 424-7050 (Dallas) |  (817) 344-1800 (Fort Worth) |  salvationarmytx.org
- **Union Gospel Mission of Tarrant County – Fort Worth**
 (817) 339-2553 |  ugm-tc.org
- **Presbyterian Night Shelter – Fort Worth**
 (817) 632-7400 |  journeyhome.org

Food & Community Assistance

- **North Texas Food Bank – Plano**
 (214) 330-1396 |  ntfb.org
- **Tarrant Area Food Bank – Fort Worth**
 (817) 857-7100 |  tafb.org
- **The Stewpot Community Center – Dallas**
 (214) 746-2785 |  thestewpot.org
- **Community Action Partners – Fort Worth**
 (817) 392-1234 |  fortworthtexas.gov/departments/neighborhoods/CAP

Free Clinics & Low-Cost Medical Care

- **Parkland Health – Dallas County Health System**
Dallas County’s safety-net health system providing hospital, specialty, and preventive care for uninsured or underinsured patients.
 (214) 590-8000 |  parklandhealth.org

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104



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- **JPS Health Network – Tarrant County**

Comprehensive county-operated health system providing full-spectrum inpatient and outpatient care.

 (817) 702-1100 |  jpshealthnet.org

- **North Dallas Shared Ministries Free Clinic**

 (214) 358-8700 |  ndsm.org

- **Healing Hands Ministries**

 (214) 221-0855 |  healinghandsdallas.org

- **Los Barrios Unidos Community Clinic**

 (214) 540-0300 |  lbucommunityclinic.org

Public, Housing & Utility Assistance

- **Dallas County Health & Human Services (DCHHS) – Comprehensive Energy Assistance Program (CEAP)**

Utility-bill assistance for eligible Dallas County households.

 (214) 819-1848 |  dallascounty.org/ceap



- **Center for Transforming Lives (Tarrant County)**

Provides housing stabilization, childcare, and financial-empowerment programs for women and families.



 (817) 332-6191 |  transforminglives.org/get-help

- **Texas Health and Human Services – 2-1-1 Texas**



24-hour helpline connecting residents to food, housing, utility, and healthcare resources statewide.

 Dial 2-1-1 or (877) 541-7905 |  211texas.org

- **Dallas Housing Authority**

 (214) 951-8300 |  dhantx.com

- **Fort Worth Housing Solutions**

 (817) 333-3400 |  fwhs.org

Safety, Legal & Crisis Support

- **Family Violence Program – Texas Health & Human Services (HHSC)**

Interactive map of state-supported family-violence centers offering confidential shelter, advocacy, and counseling.

 hhs.texas.gov/family-violence-program

- **Parkland Health Victim Intervention Program (VIP) – Dallas**

 (214) 590-2926 |  parklandhealth.org/vip-rape-crisis-center

- **Texas Advocacy Project – Legal Support for Victims**

Free, confidential legal help for protective orders, lease termination, and victim rights.

 (800) 374-4673 |  texasadvocacyproject.org

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- **National Domestic Violence Hotline**
☎ (800) 799-7233 | (800) 787-3224 | Text “START” to 88788 | 🌐 thehotline.org
- **National Sexual Assault Hotline – RAINN**
☎ (800) 656-4673 | 🌐 hotline.rainn.org
- **National Human Trafficking Hotline**
☎ (888) 373-7888 | Text 233733 | 🌐 humantraffickinghotline.org
- **988 Suicide & Crisis Lifeline**
☎ Call or text 988 | 🌐 988lifeline.org

TLC Tips – Staying Safe & Connected

- Call 211 anytime for free 24-hour referrals to housing, food, and financial programs.
- If you feel unsafe at home, call 800-799-SAFE or 988 — confidential help is available 24/7.
- Ask your care team or social worker for help completing applications for benefits or medical documentation.
- Keep personal documents (ID, proof of residence, medical info) in a secure place.
- Many programs have income limits — bring pay stubs or benefit letters when applying.

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