

NEWS YOU CAN USE

to combat the "Holiday Blues"

Dallas County residents have resources available including support groups, counseling and drug treatment centers, and runaway and homeless shelters.

Community Council of Greater Dallas
Information & Referral
214.871.5065

National Domestic Violence Hotline
1.800.799.SAFE
1.800.787.3224 (TTY)

Dallas Association for Parent Education
WARMLINE 972.699.7742

Helpful Numbers

CONTACT Crisis Line
Adult: 972.233.2233
Teen: 972.233.TEEN
Spanish: 972.233.2428

Suicide and Crisis Center
214.828.1000
1.866.672.5100

Texas Abuse Hotline
1.800.252.5400

Texas Runaway Hotline
1.888.580.4357

Texas Youth Hotline
1.800.98.YOUTH

