

MENTAL HEALTH RESOURCES

My Health My Resources of Tarrant County

- Contact ICARE Call Center:
(817) 335 - 3022 or
(800) 866 - 2465 toll-free
- Access to Care Clinic:
3800 Hulen St., Suite 150,
Fort Worth, TX 76107
- Scan for their website



Care Team at HSC

- Contact Care Team 24/7 at (817)
735 - 2740 or email them at
careteam@unthsc.edu
- Schedule an appointment
through Symplicity



TimelyCare HSC Student Support Program

- TimelyCare: 24/7 virtual
mental health support
- FREE for all HSC students
- Join at
timelycare.com/unthsc



988 Suicide and Crisis Lifeline

- Call or text 988
- Scan to see the Crisis
Centers located in Texas
and other states

