

STARR LAB Resource List

Resources in Denton

Alcoholics Anonymous (AA) Meetings in the Denton Area

Phone: 800-396-1602

Website: <https://www.fortworthaa.org/meetings/?tsml-region=denton>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

CARE Team – UNT Denton

Phone: 940-565-4373

Email: careteam@unt.edu

Website: <https://studentaffairs.unt.edu/care>

The mission of the CARE Team is to assist in protecting the health, safety, and welfare of the students and members of the UNT community, support student success, and provide a comprehensive response to students whose behavior is disruptive to themselves or the environment.

Collegiate Recovery Program – UNT Denton

Phone: 940-565-3177

Email: recovery@unt.edu

Website: <https://recovery.unt.edu/>

UNT CPR Objectives include empowering students to promote quality of life improvements, augment academic success through recovery seminars and peer engagement, promote recovery from substance use disorders, behavioral (process) addictions, and mental health illness by providing support and services to self-identified recovering college students.

SMART Recovery – Denton

Website: <https://www.smartrecoverytest.org/local/>

Email: recovery@unt.edu

SMART Recovery, which stands for self-management and recovery training, is an international non-profit organization that provides assistance to individuals seeking abstinence from addictions.

Student Counseling – UNT Denton

Phone: 940-565-2741

Email: counselingandtestingservices@unt.edu

Website: <https://studentaffairs.unt.edu/student-counseling>

Student Counseling provides comprehensive psychological services to all UNT students.

S.U.R.E. Center – UNT Denton

Phone: 940-565-3177

Email: RISEcenter@unt.edu

Website: <https://studentaffairs.unt.edu/sure-center>

The Substance Use Resource and Education Center at the University of North Texas will use research-backed evidence to provide both individual and group level education regarding drugs and alcohol. The services employed by SURE will encourage healthy decision-making skills and personal responsibility, in an effort to reduce the harmful effects of substance use.

Resources in Fort Worth-Dallas

Dallas Intergroup Association Alcoholics Anonymous (AA)

Phone: 214-887-6699

Website: <https://www.aadallas.org/wordpress/meetings/>

Gatherings of men and women who share their experience, strength, and hope with each other with the goal of solving their common problem and helping others recover from alcoholism or problems with alcohol.

Fort Worth Central Office of Alcoholics Anonymous (AA)

Phone: 817-332-3533 or 800-396-1602

Website: <http://fortworthaa.org/>

Gatherings of men and women who share their experience, strength, and hope with each other with the goal of solving their common problem and helping others recover from alcoholism or problems with alcohol.

Mental Health Association of Tarrant County

Phone: 817-335-3022

Website: <http://mhatc.org/>

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.

Student Counseling – UNTHSC Fort Worth

Phone: 866-743-7732

Website: <https://myssp.app/ca/home>

The University of North Texas Health Science Center offers free counseling to students through Morneau Shepell. This service is available to all online students as well.

Tarrant County Crisis Helpline MHMR Tarrant

Phone: 800-866-2465

Website: <https://www.mhmrtarrant.org/crisis-services/>

Connects people in physical, emotional, and financial crisis to services that will be of help to reduce immediate emotional distress and defuse crises for individuals, families, and the community.

National Resources

Alcoholics Anonymous (AA) World Services

Phone: 212-870-3400

Website: www.aa.org

Makes referrals to local AA groups and provides informational materials on the AA program. Many cities and towns also have a local AA office listed in the telephone book.

Al-Anon Family Group Headquarters

Phone: 888-425-2666

Website: <http://al-anon.org/newcomers/teen-corner-alateen/>

Makes referrals to local Al-Anon groups, which are support groups for spouses and other significant adults in an alcoholic person's life. Also makes referrals to Alateen groups, which offer support to children of alcoholics.

Narcotics Anonymous (NA) World Services

Phone: 818-773-9999 Ext. 771

Website: <https://www.na.org/>

Makes referrals to local NA groups and provides informational materials on the NA program. NA is a nonprofit fellowship or society of men and women for whom drugs has become a major problem.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Phone: 301-443-3860

Website: <https://www.rethinkingdrinking.niaaa.nih.gov/>

Makes available free publications on all aspects of alcohol abuse and alcoholism. Many are available in Spanish. Call, write, or search the NIAAA Web site for a list of publications and ordering information.

SAMHSA Behavioral Health Treatment Services Locator

Phone: 800-662-4357

Website: <https://www.samhsa.gov/find-help/national-helpline>

A locator for alcohol and drug abuse treatment or mental health treatment facilities and programs around the country. Provides information in English and Spanish for individuals and family members facing substance abuse and mental health issues.

Rape, Abuse & Incest National Network (RAINN)

Phone: 800-656-4673

Website: <https://www.rainn.org/>

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.

Planned Parenthood

Phone: 800-230-7526

Website: <https://www.plannedparenthood.org/>

Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of people worldwide.