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| **COMMUNITY** RESOURCE GUIDE |

Updated 2021

**CRISIS HOTLINES**

**24 Hour Crisis Hotline**

1-800-687-1300

**Crisis Center of the Plains**

1-800-687-1300

**TX Department of Family and Protective** **Services** (CPS)

Adult and Child Abuse

1-800-252-5400

**National Domestic Violence Hotline**

1-800-799-SAFE (7233)

**Suicide Prevention Lifeline**

806-296-5555 (Local)

1-800-273-8255 (National)

741741 (Text)

**Traumatic Events Hotline**

1-800-985-5990 (National)

Text “TalkWithUs” to 66746

**Crisis Text Line for Self-Harm**

 741741 or crisistextline.org

**Voice of Hope**

806-763-RAPE (7273)

**National Suicide Prevention Hotline**

1-800-273-8255

**Texas Youth Hotline**

1- 800-989-6884

Text: 512-872-5777

**TX Youth and Runaway Hotline**

1-800-runaway (7862929)

512-872-5777 (text line)

**Alcohol Anonymous Hotline**

1-214-887-669

**Veterans Crisis Line**

1-800-273-2855 x1

Text 238255

VeteransCrisisLine.net/Chat

**NON-EMERGENCY LINES BY COUNTY**

Bailey 806-272-4268

Briscoe 806-823-2135

Castro 806-647-3311

Floyd 806-663-5374

Hale 806-296-1182

Lamb 806-385-7900

Motley 806-347-2234

Parmer 806-481-3303

Swisher 806-995-3326

**STATE RESOURCES**

**2-1-1 Texas**

www.211texas.org

**Texas Health and Human Services (HHS)**

www.hhs.texas.gov

**Texas Department of State Health Services General Inquiry Hotline**

1- 888-963-7111

www.dshs.state.tx.us

**National Alliance on Mental Illness (NAMI)**

www.nami.org/home

**Mental Health America (MHA)**

www.mhanational.org

**Social Security Administration**

1-800-772-1213

www.ssa.gov

[**www.benefits.gov**](http://www.benefits.gov)

**www.TheHelpList.com**

**CENTRAL PLAINS CENTER**

**Central Plains Center**

**Admissions**

2700 Yonkers

Plainview, TX

806- 293-2636

**IDD Services**

602 W. 6th

Plainview, TX

806-213-1105

**Early Childhood Interventionist (ECI)**

710 Quincy

Plainview, TX

806-291-4416

**Peer Recovery Services**

631 Broadway

Plainview, TX 79072

Phone 806-291-0388

**CLOTHING & HOUSEHOLD ITEMS**

**Salvation Army**

615 Broadway Street

Plainview, TX

806-296-6375

**Oimzion**

106 W. 2nd St.

Plainview TX

806-729-9585

**Heritage Thrift Store**

203 Main St.

Muleshoe, TX

[806- 272-5863](https://www.google.com/search?q=muleshoe+tx+thrift+store&rlz=1C1GCEU_enUS876US876&oq=muleshoe+tx+thrift+store+&aqs=chrome..69i57.4434j0j4&sourceid=chrome&ie=UTF-8&safe=active&ssui=on)

**COUNSELING SERVICES**

**Crossroads Mental Health Services, PLLC**

**Amy Kellison**

Plainview, TX

806-513-5161

**\***Accepts Insurance

**Bonnie Cantu**

2104 E 1st St

Petersburg, TX

806-549-7112

**Cynthia Oles**

Plainview, TX

806-292-9376

\*Accepts Insurance

**Dr. Brian McClenagan**

Plainview, TX

806-292-1430

\*Accepts Insurance

**Heather Dillard**

Plainview, TX

806-577-0837

\*Accepts Insurance

**Holly Hughes**

Plainview, TX

806-236-2280

**JoAnn Rey**

Plainview, TX

806-729-4527

\* Accepts Insurance

**Regence Health Network**

**Dr. Cassie Collins**

**Dr. Perry Collins**

Plainview, TX

806-293-8561

**Robert Ragland**

Plainview, TX

806-319-4209

**Sharla Knipps**

Plainview, TX

806-292-8732

**Waypoints Counseling**

Erin Lass

Plainview, TX and Lockney, TX

806-429-8088

\*Accepts Insurance

**Lamb County Family Resource Center**
**Karen Harmon**

**David Allison**

Littlefield, TX
806-385-3766

**Family Support Services**

Amarillo, TX

806-342-2500

**The Hope and Healing Place**

Amarillo, TX

806-371-8998

**CHILD & ADOLESCENTS COUNSELING SERVICES**

**Crossroads Mental Health Services, PLLC**

**Amy Kellison**

Plainview, TX

806-513-5161

**\***Accepts Insurance

**Heather Dillard**

Plainview, TX

806-577-0837

\*Accepts Insurance

**Mirandi Edwards**

Plainview, TX

806-808-6690

**Sharla Knippa**

Plainview, Texas

806-292-8732

**Regence Health Network**

**Dr. Cassie Collins**

**Dr. Perry Collins**

Plainview, TX

806-293-8561

Dr. Perry Collins

**Waypoints Counseling**

Erin Lass

Plainview, TX and Lockney, TX

806-429-8088

\*Accepts Insurance

**Catholic Charities Diocese of Lubbock**

Muleshoe, TX

806 240-2041

**Lamb County Family Resource Center**
**Karen Harmon**

**David Allison**

Littlefield, TX
806-385-3766

**Playroom**

Lubbock, TX

806-340-0713

**Journeys Counseling Center**

**Kristi Hosek**

Lubbock, TX

806-687-5413

**Shelly Thompson**

Lubbock, TX

806-421-0429

**DAY HAB SERVICES**

**Fountain of Life Adult Activity Center #2**

1003 Main St

Hale Center, TX

806- 839-2541

**Tommy Lewis Industries**

208 S Columbia St

Plainview, TX

806-291-4433

**DENTAL**

**West Medical & Dental Clinic**

5424 19th Street Suite 200

Lubbock, TX

806-722-4453

**CHCL Community Dental Clinic**

1826 Parkway Drive, Suite 500

Lubbock, TX

806-687-6259

**Community Dental Clinic**

1826 Parkway Dr. Suite 500

Lubbock, TX

806-687-6259

**Arnett Benson Dental Clinic**

3301 Clovis Road

Lubbock, TX

806-763-5557

**EMPLOYMENT**

**Texas Workforce Commission Hotline**

1- 512-463-2222

www.twc.texas.gov

**Texas Workforce Commission**

1030 Broadway
Plainview, TX

806-293-8566

**Workforce Solutions South Plains**

203 Main St

Muleshoe, TX

806-272-7540

**WFS Mobile Career Center**

703 Marshall Howard Blvd

Littlefield, TX

**FOOD DISTRIBUTION**

**Emergency Food Assistance**

Dial 2-1-1

**Locate by Town**

[www.foodpantries.org](http://www.foodpantries.org)

**South Plains Food Bank Mobile Pantry**

806-763-3003 ext. 13

**FISH**

504 Joliet Street

Plainview, TX

806-293-8008

**Catholic Family Charities**

3019 W 7th Street

Plainview, TX

806-296-7044

**College Heights Baptist Church**

802 Quincy Street

Plainview, TX

806-293-3644

**Faith in Sharing House (FISH)**

504 Joliet

Plainview, TX

806.293.8008

**Dare to Believe Ministries**

3019 W 7th Street

Plainview, TX

806-292-6540

**First Assembly of God**

1300 N. I-27

Plainview, TX

806-296-5769

**First Church of the Nazarene**

2610 W 20th Street

Plainview, TX

806-296-5769

**The Food Pantry**

201 West Avenue C

Muleshoe, TX

**First Baptist Church**

Muleshoe, TX

806-272-4224

**CSFP Senior Nutrition Program**

Calvary Baptist Church

1733 West Ave C

Muleshoe, TX

806-272-4536

**Office on Aging, Meals on Wheels**

300 S 1st St #110,

Muleshoe, TX

806-272-3647

**Friona United Methodist Church**

301 E 8th St

Friona, TX

806-250-3045

**First Baptist Church**

404 W 5th St

Friona, TX

806-250-3933

**Farwell Church of Christ**

5th St & Ave C

Farwell, TX

806 481-3819

**First Baptist Church**

404 Ave E S

Farwell, TX

806- 481-3202

**Hamlin Memorial United Methodist**

324 5th St

Farwell, TX

806-481-3689

**Bovina United Methodist Church**

204 4th St

Bovina, TX

806- 251-1124

**Bovina Church of Christ**

500 Avenue E

Bovina, TX

806-251-1334

**First Baptist Church**

308 S 3rd St

Bovina, TX

806-251-1632

**HOUSING**

**Department of Housing and Urban Development**

[www.hud.gov](http://www.hud.gov)

**Texas Low-Income Housing Information Service**

1-512-477-8910

www.texashousers.net

**Hale Center Housing Authority**

513 W. 4th

Hale Center, TX

806-839-2228 or 806-839-9927

**Hale County Housing Authority**

123 E. 6th

Plainview, TX

806-296-4160 or 806-293-9507

**HUD Section 8**

Littlefield, TX

806-385-5425

**Muleshoe Housing Authority**

301 East 6th

Muleshoe, TX

806‐272‐5560

**Sandhills Village Assisted Living**

1200 Ave I

Olton, TX

806-285-3356

**Olton City Housing Authority**

311 8th St

Olton, TX

806-285-2768

**HEALTH CARE**

**www.healthcare.gov**

**Abernathy Medical Clinic**

409 8th Street

Abernathy, TX

806-725-5884

**Family Healthcare**

1100 TX-86

Bovina, TX

806-238-1005

**Castro County Healthcare**

310 W Halsell St

Dimmitt, TX

806-647-2191

**Cogdell Clinic**

320 N Main Street

Lockney, TX

806-652-3373

**Cogdell Clinic Briscoe County**

701 Commerce St

Silverton, TX

806-823-2449

**Covenant Healthcare Clinic**

2222 W. 24th Street Suite 10

Plainview, TX

806-293-5113

**Regence Health Network**

2601 Dimmitt Road Ste 104 A

Plainview, TX

806-293-8561

**Motley County Clinic**

1224 Main Street

Matador, TX

806-347-2641

**Muleshoe Medical Center**

708 S. 1st Street

Muleshoe, TX

806-272-7531

**Olton Medical Clinic**

524 8th St

Olton, TX

806- 285-2633

**Parmer Medical Center**

1307 Cleveland St.

Friona, TX

806-250-2754

**Sudan Medical Clinic**

408 US-84

Sudan, TX

[806-227-2292](https://www.google.com/search?q=Sudan+TX+medical+clinic&rlz=1C1GCEU_enUS876US876&oq=Sudan+TX+medical+clinic+&aqs=chrome..69i57j0i22i30l2.10431j0j4&sourceid=chrome&ie=UTF-8&safe=active&ssui=on)

**Tulia Rural Health Clinic**

539 SE. 2nd Street

Tulia, TX

806-995-4122

**West Texas Family Medicine**

* 901 W Crockett Street

Floydada, TX

806-402-4033

* 315 W. Cleveland St

Hale Center, TX

806-839-2100

• 1806 Quincy Street

 Plainview, TX

 806-288-7891

**INDIGENT HEALTH CARE**

**Indigent Health Care Programs** https://hhs.texas.gov

**Briscoe County**

PO Box 153

Silverton, TX

806-823-2131

**Bailey County Indigent Health Care**

708 South 1St

Muleshoe, TX

806-272-4524

**Castro County**

 **Plains Memorial Hospital**

310 W Hasell

Dimmitt, TX

806-647-2191 x8852

**Floyd County Caprock Hospital District**

901 W Crockett St

Floydada, TX

806-983-2875

**Mangold Memorial Hospital**

Lockney, TX

806-652-3373

**Hale County**

111 W 6th Street

Plainview, TX

806-291-5305

**Lamb Healthcare Center**

1500 S Sunset Avenue

Littlefield, TX

806-385-6411

**Motley County**

PO Box 323

Matador, TX

806-347-2488

**Parmer County Community Hospital**

1307 Cleveland

Friona, TX

806-250-2754

**Swisher County Swisher Memorial**

539 SE 2nd St

Tulia, TX 7

806-995-8298

**MEDICAID & INSURANCE**

**www.medicaid.gov**

**Children’s Health Insurance Program (CHIP)**

www.chipmedicaid.org

Eligibility: 1-877-541-7905

**Texas Medicaid Waivers**

Texasmedicaidwaivers.com/

Spanish texasmedicaidwaivers.com/en-espanol

**Texas Health Steps**

1-877-847-8377

www.mychildrensmedicaid.org

**Texas Children’s Health Plan**

1-832-828-1004.

**WOMEN & FAMILY HEALTH PLANNING**

**Healthy Texas Women Program**

healthytexaswomen.org

1-877-541-7905

**Women’s Health Clinic**

1501 W 5th St, Ste. C

Plainview, TX

806-293-7246

**Women, Infants, and Children (WIC) Program**

www.TexasWIC.org

1-800-942-3678

**Women, Infants and Children (WIC)**

500 East 6th Street
Littlefield, TX
806-385-5368

**Compassionate Care Pregnancy**

1209 Quincy St.

Plainview, TX

806-296-5000

**Central Plains Center**

 **Early Childhood Intervention**

710 Quincy

Plainview, TX

806-291-4416

**City of Plainview Health Department**

111 E 10th St

Plainview, TX

806-293-1359

* **Car Seat Program -** This program offers free car seats to women who are in their third trimester. Training is also available twice a month.
* **Texas Vaccine for Children Program -** This program allows for administering vaccines to children from the ages of two months old up to 18 years old. Immunizations cost $10.

**INPATIENT BEHAVIORAL HEALTH SERVICES**

**Northwest Texas Healthcare System Behavioral Health**

Amarillo, TX

1-800-537-2585 or 1-806-354-1810

**Oceans Behavioral Hospital Amarillo**

7501 Wallace Blvd. Floor 2
Amarillo, TX
806-310-2205

**Inspirations**

2207 W 24th St

Plainview, TX

806-293-9898

**Freedom Behavioral Health**

 2601 Dimmitt Rd., Suite 400

Plainview, TX

806-296-9191

Senior Care

**Covenant Lakeside Plaza:**

4001 22nd Street Bldg. #66.

Lubbock, TX

806-725-6040 or 806-725-0000

**StarCare Health System**

**Sunrise Canyon**

1950 Aspen Ave

 Lubbock, TX

806-740-1421

www.starcarelubbock.org

**Red River Hospital**

Wichita Falls, TX

940-341-2464

[www.redriverhospital.com](http://www.redriverhospital.com)

**River Crest Hospital**

1636 Hunters Glen Rd

San Angelo, TX

1-800-777-5722

[www.rivercresthospital.com](http://www.rivercresthospital.com)

**Big Spring State Hospital**

Big Spring, TX

[1-432-267-8216](https://www.google.com/search?q=big+spring+state+hospital&rlz=1C1GCEU_enUS876US876&oq=big+spring+state+hospital&aqs=chrome..69i57j0l4j0i457j0l3.7183j0j9&sourceid=chrome&ie=UTF-8&safe=active&ssui=on)

**North Texas State Hospital**

6515 Kemp Blvd

Wichita Falls, TX

1-940-692-1220

**Waco Center for Youth**

3501 N. 19th St.

Waco, TX

1- 254-756-2171

**INTERPRETER SERVICES**

**Deaf/Hard of Hearing Services**

Relay Texas

1-800-735-2989

 www.1711.com

**Deaf Interpreter Services**

www.deaf-interpreter.com

**Master Word Services, Inc.**

1-281-589-0810

www.certifiedlanguages.com/telephone-

**LEGAL ASSISTANCE**

**Legal Aid of Northwest Texas**

305 W 7th Street

Plainview, TX

1-800-955-8491

[www.lanwt.org](http://www.lanwt.org)

**Citizenshipworks**

www.citizenshipworks.org

**Legal Aid for Survivors of Sexual Assault**

1-844-303-7233

www.tlsc.org/programs/lassa.asp

**PARENT EDUCATION**

**Compassionate Care Pregnancy**

1209 Quincy St.

Plainview, TX

806-296-5000

**Lamb County Family Resource Center**
232 Phelps Avenue
Littlefield, TX
806-385-3766

**Parent Companion**

parentcompanion.org

**Texas Parent FIRST**

www.texasprojectfirst.org

**Texas Parent to Parent**

English: www.TXp2p.org

Spanish: www.TXp2p.org/es/

**PHONE ASSISTANCE PORGAMS**

**TRAC Phone**

1-800-725-3436

**SafeLink**

LifeLine Assistance Program

1-800-723-3546

**Assurance Wireless**

1-888-898-4888

**PRESCRIPTION DRUG ASSISTANCE**

**www.medicaid.gov**

**www.medicare.gov**

**Good RX**

www.goodrx.com

Free price comparison resource with coupons

**211 Texas -Prescription Drug Assistance Programs-**

Dial 211

www.211texas.org

**Texas Drug Card**

1-855-469-8979

**Medicine Assistance Tool (MAT)**

medicineassistancetool.org

**PSYCHIATRISTS**

**Psychiatry Clinic of Amarillo**

Amarillo, TX

806- 371-0083

**Dr. John Cobb**

Lubbock, TX

806-791-5100

**Dr. Porto Boris**

Lubbock, TX

806-792-7843

**PSYCHIATRISTS-CHILDREN**

**Dr. Karen Rogers, MD**

6809 Slide Rd Ste J

Lubbock, TX

806-793-7257

**Amarillo Psychiatric Associates**

22 Care Circle

Amarillo, TX

806-354-8300

**Psychiatry Clinic of Amarillo**

Amarillo, TX

806- 371-0083

**RECOVERY GROUPS**

Alcoholics Anonymous

Narcotics Anonymous

Al-Anon

**Rural Counties Initiative (RCI)**

631 Broadway

Plainview, TX

806-291-0388

**Dare to Believe- Celebrate Recovery**

724 Ash St

Plainview, TX

Friday 7 pm

**Faith Christian Fellowship**

104 E 5th Street

Plainview, TX

Tuesday 6 pm

**First United Recovery Group**

507 W 2nd St

Muleshoe, TX

Tuesday and Friday 7p-8p

**Hale County Recovery Group**

Hale County Parole Office

519 Broadway St

Plainview, TX

Wednesday 11a-12p

**One to Another**

Recovery Group

519 Broadway

Plainview, TX

Monday &Thursday 6p-7p

**Community Reinforcement & Family Training (CRAFT)**

208 S Columbia

Plainview, TX

Thursday 5:30p-7:30p

**Neighbor-2-Neighbor**

715 Houston

Plainview, TX

3rd Thursday each month

5:30p-7:30p

**Rhoades Memorial Library**

103 SW 2nd St

Dimmitt, TX

AA- Thursday 6p

NA- Tuesday 5p

**525 Xit Dr**

Littlefield, TX

Nathan Collins 806-518-2956

Monday, Wednesday, & Friday 8p-9p

**Hale County Parole Office**

Plainview, TX

Monday 12p-1p

**The South Plains AA Group**

803 S. Columbia

Plainview, TX

Monday, Tuesday, & Thursday 6p-7p

Sunday 10a-11a

**City Hall**

409 Broadway

Silverton, TX

Wednesday 7:30p

**Driskell Halfway House**

1202 US-87

Tulia, TX

Tuesday and Thursday 7p-8p

**Muleshoe First United Methodist Church**

507 W 2nd St.

Muleshoe, TX

Tuesday 7p-8p

**Rule 62 AA Groups**

710 E. American Blvd

Muleshoe, TX

Friday 7pm-8pm

**PSYCHIATRIST—ADHD Testing**

**ADHD Clinic**

Specializing in the Diagnosis and   Treatment of ADHD

5120 29th St C

Lubbock, TX

806-773-9480

Medicaid & Some Insurances Accepted!

**SHELTERS**

**Family Promise of Lubbock**

Family with children

Lubbock, TX

806-744-5035

**Salvation Army Lubbock Emergency Shelter**

Lubbock, TX

806-765-9434

**Lighthouse Mission**

407 L Casillas St

Clovis, NM

575-769-7775

Texas residents are eligible.

3-day maximum stay

**Crisis Center of the Plains**

Domestic Violence Help

Plainview, TX

24hr Crisis Line: 806-293-7273

**SUBSTANCE & ALCOHOL ABUSE REHAB FACILITIES**

**Northwest Texas Healthcare System Behavioral Health in Amarillo (Pavilion)**

Substance Abuse and Detoxification

Amarillo, TX

1-800-537-2585 or 1-806-354-1810

**Reed Adolescent Center**

Male Adolescents Only

Plainview, TX

806-291-4422

**StarCare Health System**

1950 Aspen Ave

 Lubbock, TX

806- 740-1421

www.starcarelubbock.org

**Serenity Center**

454 Interstate 27

Plainview, TX

806- 293-9722

**Driskell Halfway House**

 Men only

1202 US-87

Tulia, TX

806-995-4552

driskillhouse.com

**Covenant Lakeside Plaza:**

4001 22nd Street Bldg. #66.

Lubbock, TX

806-725-6040 or 806-725-0000

www.covenanthealth.org

**River Crest**

1636 Hunters Glen Rd

San Angelo, TX

1-800-777-5722

www.rivercresthospital.com

**Turning Point Odessa**

1012 W MacArthur

Odessa, TX -

1-844-420-3964

www.permiacare.org

**Dove Tree Ranch**

1406 Quinlan St

Lubbock, TX

 806-746-6777 or 800-218-6727

www.ranchatdovetree.com

**Lubbock Lighthouse**

 1308 Ave. Q, Suite A

Lubbock, TX

1-888- 653-5557

www.lubbocklighthouse.org

**Aspire Addiction and Recovery:**

3330 70th Street 120

Lubbock, TX

1-888-502-3631

www.aspirearc.com

**Red River Hospital**

Wichita Falls, TX

940-341-2464

[www.redriverhospital.com](http://www.redriverhospital.com)

**TRANSPORTATION SERVICES**

**Medicaid Routine and Urgent Trips**

1-877-MED-TRIP

**Panhandle Transit**

806-372-2531

**Spartan Transportation**

1-800-462-8747

spartantransit.com

**Hale County Indigent Health (transportation** 806-291-5305

**TRAINING & EDUCATION**

**Adult Learning Center**

Littlefield, TX

Jeanie Bartley

806-485-0208

**Literacy Lubbock**

1306 9th St.

Lubbock, TX

1-800-775-3636

[www.literacylubbock.org](http://www.literacylubbock.org/)

**Lamb County Family Resource Center**
232 Phelps Avenue
Littlefield, TX
806-385-3766

**Region 17 Education Service Center Adult Education**

1601 24th St

Lubbock, TX

806-281-5750 or 806-281-5758

[www.esc17.net](http://www.esc17.net/)

Free Classes include Adult Basic Education, GED Prep, and English as a Second Language.

**UTILITY & BILL PAY ASSISTANCE**

**South Plains Community Action Association**

www.spcaa.org

**By County:**

Bailey 806-272-7537

Floyd 806-983-3134

Hale 806-293-4397

Lamb 806-385-5425

Motley 806-347-2881

**Low Income Home Energy Assistance Program (LIHEAP)**

**1-866-674-6327**

**Comprehensive Energy Assistance Program**

1-877-399-8939

Help with electric bills or gas bills, heaters, air conditioners and water heaters

**LITE-UP Texas**

1-888-782-8477

www.liteuptexas.org

Phone and utility assistance- Texas residents

**Salvation Army**

615 Broadway Street

Plainview, TX

806-296-6375

**Catholic Charities**

3019 W 7th St #7

Plainview, TX

806- 296-7044

**Sacred Heart Catholic Church**

2805 N Columbia St

Plainview, TX

806-296-2753

**Compassionate Care Pregnancy**

1209 Quincy St.

Plainview, TX

806-296-5000

**First Christian Church**

1800 I-27 Frontages

Plainview, TX

806- 293-2521

**Our Lady of Guadalupe Catholic Church**

211 W 7th St.

Plainview, TX

806-293-0085

**Panhandle Community Action**

126 N Maxwell Ave

Tulia, TX 7

806-995-4115

**Muleshoe Ministerial Alliance**

First Baptist Church

Muleshoe, TX

806-272-4224

**VETERANS & FIRST RESPONDERS**

**Military Veteran Peer Network**

715 Houston

Plainview, TX

806-291-4470

**The Pavilion**

Uniformed Services Unit

Individualized care for PTSD, depression, & substance abuse

1-800-537-2585

**Veterans ASCEND**

Employers connecting Veterans & Veteran Spouses

veteransascend.com

**Veterans Resource Center**

1001 S. Polk Street

Amarillo, TX

806-342-2500

**Elks Lodge**

908 N Interstate 27

Plainview, TX

806-293-1212