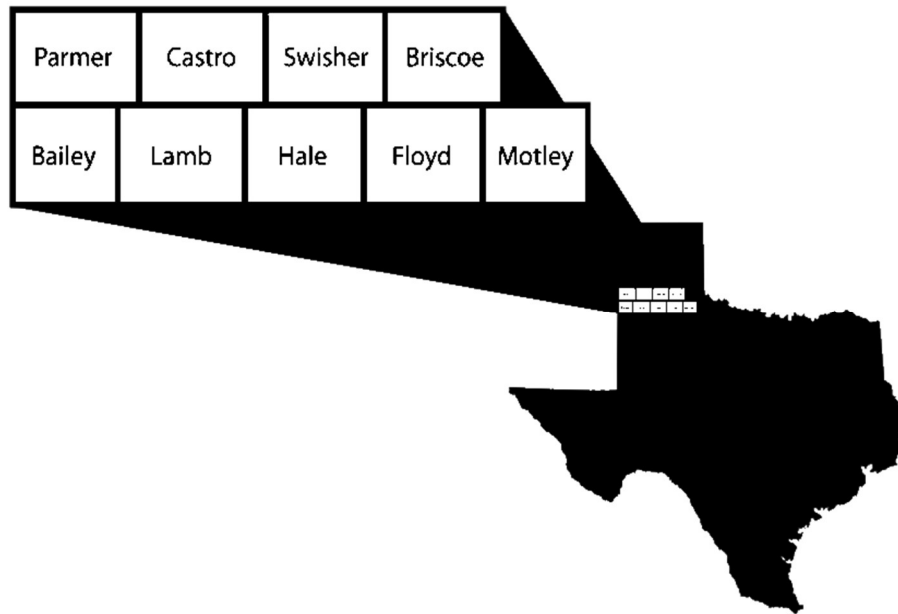


COMMUNITY

RESOURCE GUIDE



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

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

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

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

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

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

River Crest Hospital

1636 Hunters Glen Rd
San Angelo, TX
1-800-777-5722
www.rivercresthospital.com

Big Spring State Hospital

Big Spring, TX
1-432-267-8216

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

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

806- 371-0083

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

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

Red River Hospital
Wichita Falls, TX
940-341-2464
www.redriverhospital.com

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

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

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
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

