

WHERE FAITH MEETS

HOPE & HEALING

Mental Health & Community Resource Guide

HOPE • SUPPORT • HEALING • COMMUNITY

A mobile-friendly guide to crisis support, NAMI programs, community mental health services, counseling, psychiatry, and behavioral health hospitals serving Central Texas and the Dallas-Denton area.

Saturday, September 26, 2026 | 10:00 AM - 2:00 PM

1721 E. Central Texas Expy. (US 190), Killeen, Texas 76541

254.291.3462 | jbtoutreachproductions1@gmail.com

Important: This guide is for informational purposes and does not replace professional medical or mental health care. Provider services, hours, insurance participation, and availability can change; contact providers directly to verify current information.

TABLE OF CONTENTS

- 1. Need Help Now?**
- 2. Central Texas: Killeen, Temple, Belton & Harker Heights**
- 3. Dallas: North, Central & South Dallas**
- 4. Denton & Denton County**
- 5. Texas & National Resource Finders**
- 6. Choosing a Provider**
- 7. Event Contact Information**

Tip: In most PDF viewers, blue underlined website names and phone numbers are clickable. The table of contents also jumps to each section.

1. NEED HELP NOW?

988 Suicide & Crisis Lifeline

Call or text 988, 24 hours a day, 7 days a week.

[988 Lifeline](#)

Life-threatening emergency

Call 911 or go to the nearest emergency department.

Texas 2-1-1

Dial 211 to connect with health and human-service resources across Texas.

[Texas 2-1-1](#)

2. CENTRAL TEXAS

Killeen • Temple • Belton • Harker Heights • Bell County

NAMI Temple Area

Serves Bell, Coryell, Lampasas, Hamilton and Milam counties.

Phone: [254-771-3638](tel:254-771-3638)

Peer and family support, education, advocacy, and community mental health programs. NAMI is a support and education organization, not a clinical provider.

[Visit official website](#)

Central Counties Services

304 S. 22nd St., Temple, TX 76501

Phone: [254-298-7000](tel:254-298-7000)

Local Mental Health Authority serving Bell and surrounding counties. Mental health screening/intake: 254-770-2336. 24-hour crisis line: 800-888-4036.

[Visit official website](#)

KILLEEN & HARKER HEIGHTS

Killeen Psychiatry

4904 Trimmier Rd., Killeen, TX 76542

Phone: [254-236-3364](tel:254-236-3364)

Outpatient psychiatric evaluation and medication management.

Oria Health

3106 S. W.S. Young Dr., Suite B-202, Killeen, TX 76542

Phone: [254-735-3382](tel:254-735-3382)

Outpatient psychotherapy, psychological services, diagnostic assessment, and psychiatric medication management.

CopeWell Psychiatry & Wellness

1711 E. Central Texas Expy., Suite 103, Killeen, TX 76541

Phone: [512-213-6698](tel:512-213-6698)

Outpatient psychiatric and mental wellness services, including in-person and telehealth care.

Katie's Way Plus - Killeen / Harker Heights

2025 Memory Ln., Suite 500, Harker Heights, TX 76548

Phone: [806-810-0585](tel:806-810-0585)

Outpatient mental health services with an emphasis on depression, anxiety, trauma/PTSD, and military-connected individuals and families.

TEMPLE & BELTON

Canyon Creek Behavioral Health

1201 Canyon Creek Dr., Temple, TX 76502

Phone: [254-410-5100](tel:254-410-5100)

Behavioral health hospital providing crisis-focused inpatient psychiatric care and structured outpatient programming.

Cedar Crest Hospital & Residential Treatment Center

3500 I-35, Belton, TX 76513

Phone: [254-613-9871](tel:254-613-9871)

Behavioral health hospital and residential treatment campus providing mental health and substance-use treatment.

Baylor Scott & White Medical Center - Temple

2401 S. 31st St., Temple, TX 76508

Phone: [254-724-2111](tel:254-724-2111)

Full-service medical center with 24/7 emergency care and behavioral/mental health services.

Olin E. Teague Veterans' Medical Center

1901 Veterans Memorial Dr., Temple, TX 76504

Phone: [254-778-4811](tel:254-778-4811)

VA medical center offering eligible Veterans medical and behavioral health services, including outpatient mental health care.

3. DALLAS AREA

North Dallas • Central Dallas • South Dallas

NAMI North Texas

2812 Swiss Ave., Dallas, TX 75204

Phone: [214-341-7133](tel:214-341-7133)

Free education, advocacy, resource information, and peer/family support serving Dallas, Denton, Collin, and Rockwall counties. NAMI does not provide medical or clinical services.

[Visit official website](#)

North Texas Behavioral Health Authority (NTBHA)

Dallas-area behavioral health authority

Phone: [214-366-9407](tel:214-366-9407)

Community mental health and substance-use system navigation. For urgent behavioral health needs, use NTBHA's published crisis resources or 988.

[Visit official website](#)

Metrocare

Multiple Dallas County locations

Phone: [214-743-1200](tel:214-743-1200)

Community mental health services for adults, children and teens, veterans and military families, crisis needs, substance-use treatment, housing support, and other services.

[Visit official website](#)

NORTH DALLAS

For North Dallas, NAMI North Texas, NTBHA, and Metrocare can help connect individuals with appropriate local services. Large hospital systems and private psychiatry/therapy practices also operate throughout North Dallas; verify insurance and current availability before scheduling.

CENTRAL DALLAS

NAMI North Texas is based near central Dallas. Parkland Health and UT Southwestern also provide major medical and behavioral health services in Dallas.

[Parkland Health](#) [UT Southwestern](#)

SOUTH DALLAS

Metrocare operates community-based services in Dallas County, including South Dallas. For help locating the most appropriate clinic or level of care, contact Metrocare or NTBHA before traveling to a location.

4. DENTON & DENTON COUNTY

Denton County MHMR

2509 Scripture St., Suite 100, Denton, TX 76201

Phone: [940-381-9965](tel:940-381-9965)

Community mental health resource for Denton County. 24-hour crisis hotline: 800-762-0157.

Denton County Mental Health Navigation

Denton County Public Health

Phone: [940-349-3000](tel:940-349-3000)

Call or text for mental health navigation. The county notes that this is not a crisis response service; for a mental health crisis, call 988.

[Visit official website](#)

NAMI North Texas also serves Denton County and can provide free education, support, advocacy, and general resource information.

5. TEXAS & NATIONAL RESOURCE FINDERS

Resource	What it offers
Texas HHSC Service Locations	Find Local Mental Health Authorities and other state-supported services by area.
NAMI Texas Affiliate Directory	Find NAMI affiliates and support programs across Texas.
988 Suicide & Crisis Lifeline	24/7 crisis support by call, text, or chat.
Texas 2-1-1	Health and human-service referrals throughout Texas.

6. CHOOSING A PROVIDER

Before scheduling, consider asking:

- Are you accepting new patients?
- Do you accept my insurance, TRICARE, Medicare, or Medicaid?
- Do you offer reduced-cost or sliding-scale services?
- Do you provide counseling, psychiatry, psychological testing, or a combination?
- Do you treat children, adolescents, adults, or older adults?
- Do you offer telehealth?
- Do you provide trauma-informed care?
- Do you have experience with veterans and military families?
- Can faith or spiritual beliefs be incorporated into care if I request it?
- What should I do if I need urgent help before my first appointment?

7. HOPE & HEALING COMMUNITY EVENT

Date	Saturday, September 26, 2026
Time	10:00 AM - 2:00 PM
Location	1721 E. Central Texas Expy. (US 190), Killeen, Texas 76541
Contact	254.291.3462
Email	jbtoutreachproductions1@gmail.com

You matter. You are loved. You are welcome. Help is here.

Hope is Real. Healing is Possible.

Faith in Action. Hope in Community. Healing for Life.