

## COUNSELING and MENTORING

Organization	Services	Contact	Title	Email	Phone
RUOK? TCU	Suicide awareness and prevention campaign at TCU. ruok.tcu.edu	Cortney Gumbleton	Suicide Prevention Outreach Coordinator	<a href="mailto:c.gumbleton@tcu.edu">c.gumbleton@tcu.edu</a>	
MHA	Mental Health America of Greater Tarrant County cares about the mental wellness within the community. We strive to enhance mental health and improve the lives of those impacted by mental health. We believe in building awareness and education in our community.	Jacqueline Chavez	Suicide Awareness and Education Coordinator	<a href="mailto:jacqueline.chavez@mhmrtc.org">jacqueline.chavez@mhmrtc.org</a>	817-335-5405
MHA-LOSS TEAM	LOSS Team is a joint effort of Mental Health America of Greater Tarrant County and local police departments providing local outreach to suicide survivors. The purpose of LOSS Team is to provide immediate support and resources, as well as an installation of hope to survivors as close to the time of their loss as possible. We are available to provide support and resources to bereaved loved ones either on-scene or when one is ready to find help.	Lezlie Culver and Christine Smith	LOSS Team Program Director and Loss Team Coordinator	<a href="mailto:Lezlie.Culver@mhmrtc.org">Lezlie.Culver@mhmrtc.org</a> / <a href="mailto:christine.smith@mhmrtc.org">christine.smith@mhmrtc.org</a>	817-335-5405
Brighter Possibilities	Brighter Possibilities is a counseling facility located in Fort Worth, Texas. Our goal is to assist the community by providing counseling services for children, adolescents, families, couples and individuals. Offer spanish speaking counseling as well	Michael Flores	Counselor	<a href="mailto:michael@brighterpossibilitiesfc.com">michael@brighterpossibilitiesfc.com</a>	(817) 924-2732
ACH Youth and Family Services	Real help for youth up to age 17, and their families dealing with real-life issues such as conflict at home, bullying, anger management issues, talk of running away, reckless or criminal behavior, and school attendance or behavior problems. Services are provided at convenient community locations.	Michelle Cowden	Director of Youth and Family Services	<a href="mailto:mcowden@ACHservices.org">mcowden@ACHservices.org</a>	817.886.7139
Teen Lifeline	Teen Lifeline support groups are formed on an as needed basis. These groups get together to talk about issues that are going on in teens' lives. These may be things like grief, depression, anger, or could be prompted by issues with cutting, alcohol, or drugs. Our groups are intended to provide a safe place for teens to talk with peers dealing with similar issues. In these groups they will also learn skills that will help them deal with stress now and later.	Chris Robey	Program Director	<a href="mailto:chris@lifelivedbetter.org">chris@lifelivedbetter.org</a>	(817) 281-9900
Academy 4	Academy 4 takes place one Friday each month for 9 months during the school year. Fourth grade students, mentors, and volunteers gather on the school campus during the school day for a fun-filled time of leadership training and relationship building. Each Academy 4 session is comprised of three different activity times; Clubs, Leadership Training, and Quality Time with Mentors.	Doug Widger	Executive Director	<a href="mailto:doug.widger@academy4.net">doug.widger@academy4.net</a>	
Father and Son Connection	Pure Adventure is a place where a dad receives some help in fulfilling his role as the most significant man in the life of his son. It is where a dad and son connect, with Christ at the center of their relationship.	Jeff Eslick		<a href="mailto:jeff@fatherandsonconnection.com">jeff@fatherandsonconnection.com</a>	817-999-7634
TCU/Paschal Educational Foundation	The mission of the PHS Educational Foundation is to help close the educational opportunity gap for under-served Paschal High School students.	Bill West	Mentor	<a href="mailto:w.b.west@tcu.edu">w.b.west@tcu.edu</a>	817-257-5557

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TCU Counseling and Mental Health Center	The TCU Counseling and Mental Health Center has a 24/7 counseling line that offers telephone counseling to all TCU students anytime, day or night, and even during semester breaks. If you feel the need to talk with a counselor, please call 817-257-7233.	Daralynn Deardorff	Consulting Psychiatrist	<a href="mailto:D.Deardorff@tcu.edu">D.Deardorff@tcu.edu</a>	817-257-7863
Legal Clinic- Women's Center	Expert legal advice tailored to personal needs is provided at no cost to anyone needing legal assistance. Volunteer attorneys are not able to take cases, but they can discuss available legal options. Registration is required. In Fort Worth, Every second and fourth Thursday at 5:30 p.m. Focuses on Family Law issues such as divorce, child support and custody. Spanish-speaking translation available	Amy Suffield		<a href="mailto:asuffield@womenscentertc.org">asuffield@womenscentertc.org</a>	(817) 927-4040
Women's Center- Employment Solutions	Employment Solutions works to increase the financial well-being of women, men and families through stable jobs in high demand occupations and increased financial capability. Participants select the most appropriate service track to help them reach their goals to employment. All have access to financial coaching to help maximize the impact of each paycheck and build towards long-term sustainability. Likewise, all receive individualized coaching, soft skills training and once employed, job retention and career advancement services.	Amy Suffield		<a href="mailto:asuffield@womenscentertc.org">asuffield@womenscentertc.org</a>	(817) 927-4040
Women's Center- Rape Crisis and Victim Services	The Women's Center Rape Crisis and Victim Services program is one of the most comprehensive and distinguished rape crisis centers in the Southwest. No matter the age or gender, victims of sexual abuse and sexual assault find both hope and help here.	Amy Suffield		<a href="mailto:asuffield@womenscentertc.org">asuffield@womenscentertc.org</a>	(817) 927-4040
Hope Farm	The mission of HOPE Farm is a leadership program guiding at-risk boys to become Christ-centered men of integrity. We work daily with each child's mother/caretaker and teachers in order to maintain accountability and consistency. Recognizing the importance of a collective effort, HOPE Farm has a partnership parenting curriculum known as Parent Involvement Program (PIP). It assists the parents of HOPE Farm boys with spiritual development, inspirational encouragement and provides structural tools to help them partner with HOPE Farm.	Michael Morris	Director of Programs	<a href="mailto:mmorris@hopefarmfw.org">mmorris@hopefarmfw.org</a>	817-289-2482
ACH Assessment, Intervention and Referral Services (AIRS)	24-hour crisis call response, centralized assessment and intake department for ACH programs, and referrals to services in the community.	Lydia Garcia (bi-lingual)	Specialist I	<a href="mailto:lyrdia.garcia@achservices.org">lyrdia.garcia@achservices.org</a>	817-886-7180
Boys and Girl's Club	Boys & Girls Clubs of Greater Fort Worth is a safe haven to more than 11,000 members. Our eight branches serve over 60 schools and surrounding communities throughout Fort Worth with programs and services for ages 6 - 24.	Rick Moore	Area Director Panther Branch	<a href="mailto:rmoore@fortworthkids.org">rmoore@fortworthkids.org</a>	817-923-1915

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Family Resource Center	<p>The Fort Worth ISD Family Resource Centers (FRC) provide supportive behavioral health services and mental health care to Fort Worth ISD students and their families. We work in collaboration with the mental health community of Tarrant County to provide responsive, compassionate, and competent care that addresses the unique needs of each individual. We recognize the link between physical, social, and emotional health and a child's ability to learn. The school-based FRCs represent an essential strategy toward engaging families in need and improving the lives of children, thereby optimizing their ability to succeed academically.</p>	Ottis Goodwin	Director of Family and Community Resources	<a href="mailto:ottis.goodwin@fwisd.org">ottis.goodwin@fwisd.org</a>	817-814-2870
Fire Station Community Center	<p>The Fire Station Community Center was originally a fully-operational fire station before it became a community facility in the mid-1970's. Located near Fort Worth's bustling Fairmont Historic District, the center now hosts after-school programs, athletic events, and a variety of classes for both youth and adults.</p>	Daniel Leach	Recreation Programmer	<a href="mailto:daniel.leach@fortworthtexas.gov">daniel.leach@fortworthtexas.gov</a>	817-924-9971