



315 West McLain, Sherman, TX 75090
PO Box 1087 Sherman, TX 75090
Phone: 903-957-4701 Toll-Free: 877-530-2228
Fax: 903-957-3416

If you do not have a primary physician, you are free to contact ANY primary care physician of your choice. However, you may wish to contact one of the following resources for help.

Inclusion on this list does not guarantee they will accept you as a patient.

Grayson County Health Department

515 North Walnut, Sherman, TX
903-893-0131

Well Woman & Family Planning/Immunizations

Grayson County Health Department

205 North Houston, Denison, TX
903-465-2878

Immunizations

Bruce Maniet, DO

101 South Broadway, Bells, TX
903-965-7700
319 South Highway 69, Whitewright, TX
903-364-2022

Sherman Medical

2500 North Travis Street, Sherman, TX
903-868-8900

Cash and Card Only, Does not accept Medicaid

Lions Club

903-893-1308 (leave message)
Eyeglasses

One Medical Clinic

913 E Cottonwood, Sherman, TX
903-868-9565
Private Pay Only

CAREVIDE

1211 E 6th, Bonham, TX
903-583-6155

Bonham Community Health Center

920 North Center Street, Bonham, TX
903-583-8611

Greater Texoma Health Clinic

900 North Armstrong Ave, Denison TX
903-465-2440

By Application Only – Please call for an appt

TexomaCare – Bonham

2201 N. Highway 121, Bonham, TX
903-585-3111
Medicaid 2yo-17yo only

TexomaCare – Denison

5012 S. US Hwy 75, Ste# 225
Denison, TX 903-416-6025

Fannin County Indigent Health Care

1203 E. Sam Rayburn, Bonham, TX
903-583-2915

Primary Care Associates

425 Highland Ave., STE# 225 Sherman, TX
903-892-8112
Discounted Rate/Private Pay or Uninsured Only

WNJ Well Care Medical Group

600 N Highland Ave Sherman, TX
903-957-2100

These are a few Outpatient Counseling Services in Cooke, Fannin, and Grayson County areas. Their placement on this list does not constitute an endorsement of their services.

Inclusion on this list does not guarantee services.

Counseling

988 Suicide & Crisis Line

988 | 988lifeline.org

24/7 support for mental health, emotional distress, substance use

NAMI Grayson, Fannin & Cooke

nami.org

National Alliance on Mental Illness – Local mental health resources

Cooke County

Michael Anne Bryson Counseling

207 S Dixon St, Gainesville TX

940-665-8056

Medicaid, Insurance, Private Pay.

Breakthrough Christian Counseling

1001 E Broadway Street, Gainesville, TX

940-612-0049

Texoma Community Center

301 N Grand Avenue, Gainesville, TX

940-612-1389

Abigail's Arms

P.O. Box 1221, Gainesville, TX 24 Hotline

940-665-2873

Victims of Domestic Violence.

Cooke County LOSS

(972) 654-5677

cctxlossteam@gmail.com

Suicide loss group

Fannin County

Faye Wedell, LPC, LMFT

112 W. 5th St., Bonham, TX

903-640-3868

Victims of Domestic Violence.

Erin Holt, LPC

1212 N. Center Street, Bonham, TX

469-964-2297

Texoma Community Center

1221 E 6th Street, Bonham, TX

903-583-8583

Lakes Behavioral Health

(903) 583-0060

410 W Sam Rayburn Dr, Bonham, TX 75418

Substance Abuse

Fannin County Family Crisis Center

Address not provided for safety precautions

903-583-7694

Grayson County

Robert M. Cross, PhD

200 N. Travis Street, Ste. 303, Sherman, TX
903-819-8888

Stonebridge Family Counseling

903-893-6010

2524 East FM 691, Sherman, TX Marriage,
*Family & Relationship Counseling. Anger &
Stress Management*
Trauma, Grief, Illness, Abuse, Adolescent
Issues. Eating & Mood Disorders.
Assertiveness & Self-Esteem issues.

Child Guidance Clinic of Texoma

804 E. Pecan Grove, Sherman, TX
903-893-7768
Individual & Family Counseling, Parenting.

Grayson County Counseling Service

2009 Texoma Parkway, Ste. 3, Sherman, TX
903-892-2874

John Kasper, LPC

5625 Texoma Parkway, Sherman, TX
903-892-8901

Dan McCaig and Associates

220 Sunset Blvd #D, Sherman, TX
903-891-3831

Women's Crisis Center

Address not provided for safety precautions
903-893-3909
Victims of Domestic Violence.

Grand Central Station- The Dining Car

619 E Houston St, Sherman, Tx
903-957-0264
Food assistance, education, showers & laundry

Four Rivers Outreach-Men

210 S. Rusk #2 Sherman, TX
903-870-4000

Tidemark Therapy

600 E Taylor, Sherman, TX, 903-892-2874

Center for Psychological Development

1105 Memorial Drive, Ste. 202, Denison, TX
903-337-0343

Applied Psychology Group

555 Republic Dr Ste 325, Plano, TX
903-893-0298

Texoma Community Center

315 W. McLain, Sherman, TX
903-957-4700

Lakes Behavioral Health

809 Gallagher Dr Ste A, Sherman, TX
903-892-8185
Substance Abuse Counseling.

Steps 2 Strides

2300 West Morton Street, Ste. 114, Denison, TX
903-462-4085
Outpatient Pediatric Rehabilitation, Birth to 21
years. Speech, Physical, & Occupational
Therapy. Dietician, Behavioral Counseling, Social
Services. Crime victims & crisis intervention.
**Waiting on new counselor*

Trinity Counseling

416 E Main, Denison, TX
903-465-6344 *Sliding Scale.*

Home Hospice

505 W Center, Sherman, TX
903-868-9315
Grief Counseling

Counseling Continued

Hope for Texoma

402 W. Lamar St. #105, Sherman TX
903-375-0055

Mory Therapy

211 N. Fannin Ave, Denison, TX
903-642-3960

Beyond Suicide Bereavement Support Group

316 S. Chestnut, Gainesville, TX 76240
2nd Thurs each month, 6:30 PM – 8:00 PM
Kelly: (940) 665-9891
Melissa: infoforbeyond@gmail.com

Carrus Behavioral Health

(903) 870-1222
1724 W US Hwy 82, Sherman, TX 75092

Compassion Hands Care Facility

(903) 357-3208
704 N Brents Ave, Sherman, TX 75090

TMC Behavioral Health Center

(903) 416-3000
2601 Cornerstone Dr, Sherman, TX 75092

Oklahoma

Families First, Inc

4216 Commercial Lane, Durant
580-924-9444

Oklahoma Families First

1604 N. Washington Ave, Durant
580-924-9441

Zen Gee Counseling

1524 W. Evergreen St, Durant
580-920-9178

Lighthouse Behavioral Wellness

Mental Health & Substance Services of OK
2425 W University Blvd, Durant, OK
580-924-7330
Income based

Brighter Heights Oklahoma

107 S High St, Antlers, OK
580-298-2830

**Lighthouse Behavioral Wellness Centers –
Ardmore**

(580) 223-5636
2530 S Commerce St, Ardmore, OK 73401

**Oklahoma Dept. of Mental Health &
Substance Abuse Services**

(580) 745-9276
128 N 12th St, Durant, OK 74701

Providence Service Corporation of Oklahoma

(580) 924-6363
134 N 12th Ave, Durant, OK 74701

SequelCare of Oklahoma

(580) 298-2830 | (580) 298-6723
401 N Church St, Poteau, OK 74523

Zen Gee Counseling & Psychological Services

(580) 298-5062
1322 W Main St, Antlers, OK 74523

These are few psychiatrists in the Cooke, Fannin and Grayson County areas.
Their placement on this list does not constitute an endorsement of their services.

Inclusion on this list does not guarantee services.

Local Psychiatrists

Deepika Bhargava, MD

600 E Taylor, Ste 4001, Sherman, TX

903-892-0751

Medicaid, Medicare, & Private Insurance.

Gayatri Singh, MD

2300 W. White Ave, Ste 106, McKinney, TX

972-562-4755

Gary Watts, PA

2925 Country Club Rd, Ste. 102, Denton, TX

940-382-1120

No Medicaid.

Tri Med Behavioral and Sleep Medical

1601 N. Travis, Sherman, TX

903-328-6556

Dante Burgos, MD - Psychiatric Group PLLC

4511 Stonewall Street, Greenville, TX

903-454-7200

Medicaid, Medicare, & Private Insurance.

**Jawad Riaz, MD - Premier Psychiatric &
Sleep Medicine Associates**

121 W. Lamberth, Ste A, Sherman, TX

903-892-6700

Dept. of Veteran Affairs (VA Clinic)

3811 N. Hwy 75, Sherman

903-487-0477

Hollner Psychiatric Group

120 S Central Expwy Ste 100, McKinney, TX

469-742-0199

**Judy Cook, MD - Premier Psychiatric & Sleep
Medicine Associates**

121 W. Lamberth #A, Sherman

903-892-6700

Medical

Telehealth

Pottsboro Library Telehealth

(903) 786-8274

104 N Main St, Pottsboro, TX

Provides space for private online meetings.

Partnered with UNT Health Sciences

Twentyeight Health

twentyeighthealth.com

Provides affordable, accessible birth control options including pill, patch, ring, and emergency contraception

(Accepts Medicaid, no insurance required)

Clinics and Hospitals

Cooke

Family 1st Care

(940) 641-3440

1615 Hospital Blvd, Ste A, Gainesville, TX

McLeroy & Klein Family Practice

(940) 665-9863

1625 N Grand Ave, Gainesville, TX

MMH Family Health Clinic

(940) 759-2226

509 N Maple St, Muenster, TX

Muenster Memorial Hospital

(940) 759-2271

605 N Maple St, Muenster, TX 76252

North Texas Medical Center

(940) 612-8150

1900 Hospital Blvd, Gainesville, TX

24/7/365 | *Indigent health, Medicaid*

Valley View Family Medicine

(940) 726-5750

909 N Frontage Rd, Valley View, TX

Fannin

Fannin County Indigent Health Program

(903) 583-2915

1203 E Sam Rayburn Dr, Ste 113,
Bonham, TX 75418

Medication & Prescription Assistance

Bonham Community Health Center

(903) 583-8611

920 N Center St, Bonham, TX 75418

Mon–Thu: 8am–6:30pm

CareVide

(903) 583-6155

1211 E 6th St, Suite 300, Bonham, TX 75418

Mon–Thu: 8am–6:30pm

Child physical exams, health services,
carevide.org/medical

Fannin County Indigent Health Care

(903) 583-2915

200 E 1st St, Bonham, TX 75418

Medical (continued)

Fannin Health Clinic

(903) 227-7553
617 N Main St, Bonham, TX 75418
Thu: 5pm–9pm | Appointments required

TexomaCare – Bonham

(903) 583-3111
2201 N State Hwy 121, Bonham, TX 75418
Medicaid (ages 2–17)

Grayson

Callie Clinic

(903) 891-1972
1521 Baker Rd, Sherman, TX 75090
Mon–Fri 8am–5pm
Medication assistance, dental, mental health,
STD testing

Greater Texoma Health Clinic

(903) 465-2440
900 N Armstrong Ave, Denison, TX 75020
Appointment only | Mon–Fri

Grayson County Health Clinic

(903) 771-2846
809 Gallagher Dr, Suite D, Sherman, TX 75090
Call for hours

Grayson County Health Department

(903) 813-4200 ext. 1322
205 N Houston, Denison, TX 75021
Call for hours
graysonclinic.com

Grayson County Health Department

(903) 893-0131
515 N Walnut St, Sherman, TX 75090
Mon–Fri: 8am–5pm

One Family Clinic & Urgent Care

(903) 618-3244
2001 N Loy Lake Rd, Suite M, Sherman, TX 75090
Mon–Fri: 8am–6pm | Sun: 9am–12:30pm

Primary Care Associates

(903) 892-8112
600 N Highland Ave, Sherman, TX 75092
Mon–Fri: 9am–5pm
Discounted rate/private pay/uninsured

Sherman Medical - Cash only

(903) 868-8900
2500 N Travis St, Sherman, TX 75020
Mon–Fri: 8am–6pm | Sat: 8am–4pm

Sherman Medical Center

(903) 375-9995
500 N Highland Ave, Sherman, TX 75092
Medicaid, Medicare, private pay, insurance

Texas State Health & Human Services Dept.

(903) 892-0581
2001 N Loy Lake Rd, Sherman, TX 75090
Mon–Fri: 8am–5pm | hhs.texas.gov

TexomaCare – Denison

(903) 416-4000
5016 S US Hwy 75, Denison, TX 75020

Whitesboro Family Medical Clinic

(903) 564-3503
304 Charlie Dr, Whitesboro, TX 76273

Women's and Children's Medical

National Ovarian Cancer Coalition (NOCC) –

(866) 719-2767

zejula.com/resources/paying-for-zejula

Housing, childcare, food, utilities, etc.

Cooke

ABBA

(940) 668-4012

214 N Taylor, Gainesville, TX 76240

Pregnancy tests, ultrasounds, maternity & baby clothes, thrift store

Abigail's Arms

(940) 665-2873 (24-Hour Hotline)

1600 Aspen Rd, Gainesville, TX 76240

Support for victims of domestic violence

Children's Connections

(940) 443-7101

Gainesville, TX

Fannin

CareVide

(903) 583-6155

1211 E 6th St, Suite 300, Bonham, TX 75418

Mon–Thu: 8:00 AM – 6:30 PM

Child physical exams, dentistry, enrollment assistance

Grayson

Child & Family Guidance Center of Texoma

(903) 893-7768

804 Pecan Grove Rd E, Sherman, TX 75090

Embrace Grace – Unplanned Pregnancy Support

(817) 755-8487

hello@embracegrace.com

embracegrace.com

Pink Fund - breast cancer

P.O. Box 607, Southfield, MI 48037

Utility bills, mortgage/rent, car or insurance payments, for those in treatment for

Empowered Closet – Supporting Mothers & Children

(430) 277-4151

1115 Memorial Dr, Suite 15, Denison, TX 75020

Johnson Vernon C, MD (Child Psychiatrist)

(903) 892-1400

302 E Brockett St, Sherman, TX 75090

Just Between Friends

(903) 307-5595

2415 S Austin Ave, Suite 103, Denison, TX 75020

Pop-up shop offering children's goods twice a year at Eisenhower Business Center

TCOG – Family Assistance

Ruby Zoghbi, 903-813-3591

True Options Pregnancy Center

(903) 893-9099

105 W Pecan St, Sherman, TX 75090

Free & confidential services

United Way Diaper Bank & Tiny Toes Program

713 E Brockett St, Sherman, TX 75090

3rd Friday of the month | 8:00 AM – 11:00 AM

Women Rock – Breast Cancer Aid

(903) 487-2528

1117 Gallagher Dr, Ste 240, Sherman, TX 75090

Oklahoma

House of Hope Pregnancy Center

(580) 332-4199

509 E 12th St, Ada, OK 74820

Classes, supplies, support & counseling

These are few shelters in different areas.
Their placement on this list does not constitute an endorsement of their services.
Inclusion on this list does not guarantee services.

Shelters

Grayson County Shelter

331 W. Morton, Denison, TX
903-465-6041
*Women 23 and older, Men 45 and older,
Families.*

Surrender House for Men

521 W. Morgan St., Denison, TX
903-271-9531
\$80/Week For men

Salvation Army

5700 Texoma Pkwy, Sherman, TX
903-868-9602
Men only

Dallas life Foundation

1100 Cadiz, Dallas, TX
214-421-1380

ADA House of Hope Pregnancy Center

509 E 12th St. Ada, Ok 74820
580-332-4199

Samaritan Inn

1514 N. McDonald, McKinney, TX
972-542-5302

Presbyterian Night Shelter

2400 Cypress Ft. Worth, TX
817-632-7400
*Single men and women & women and
children*

Mama T's B&B

222 E. 12th St. Ada, Ok 74820
580-495-1559
mamatsada.com/home

Abigail's Arms

P.O. Box 1221, Gainesville, TX
24 Hotline 940-665-287

Open Arms Shelter of Fannin County

1205 Albert Broadfoot Drive, Bonham TX
(903) 449-4451

Crisis Center

Address not provided for safety reasons
903-893-3909
Domestic Violence.

Fannin County Family Crisis Center

Address not provided for safety reasons
903-583-7694
903-583-7000-Hotline
Domestic Violence.

North Texas Youth Connection

1602 E. Lamar St., Sherman, TX
903-893-4717
Shelter for Young Teens.

The Bridge

1818 Corsicana, Dallas, TX
(For info) 214-670-1100
(For Intake) 214-670-1507

Union Gospel Women's Center 1321 E.

Lancaster, Ft. Worth, TX
817-332-7531/ 817-332-6908

Austin Street Shelter

2929 Hickory St, Dallas, TX
214-428-4242
Men 45+ & women 18+, no children.

House of Eli

123 S. Ricketts, Sherman, TX
903-771-4339
Transitional living Boys 17.21

Union Gospel Mission Center of Hope

4815 Cass Street, Dallas, TX
214-638-2988

Mary Pat's Sober Living for Women

3818 Hwy 82 West, Gainesville, TX
940-736-6787

My Brother's House-Sober Living

711 W Division, Muenster, TX
940-759-2449
Sober living home. Males only.

Family Promise of Grayson County

901 E. Houston St. Suite 100, Sherman
TX Phone: 903-771-0322
Rent/utility help to help families with minor children. Assistance requires minor children to be in the home.

Four Rivers Outreach

210 S. Rusk, Sherman, TX
Phone: 903-870-4000
Register for food assistance at 10:00 am
Food assistance: Monday, Wednesday,
and Friday at 10:30 am
Thrift Store Open
Saturday 10:00 am to 5:00 pm
Men only Recovery Program

Family Shelter Southern OK

580-226-3750
420 Pawnee St NW, Ardmore, OK 73401

Foster Heritage

325-374-6152
Elderly Care & Housing for Pay

Rising Roots

360-878-1095
Aging out of foster care, case-by-case

Food, Utility, and Medication Assistance

North Texas Food Pantry

903-465-1288

*Food Pantry (2nd Monday each Month)-
Serving Denison.*

Lakeway Christian Community ReSale Barn

518 E. FM 120, Pottsboro, TX

903-786-2402

Medication, Food, and Utility Assistance.

Salvation Army

All applicants must be employed or
employable

5700 Texoma Parkway, Sherman, TX

903-868-9602

TCOG Energy Assistance

903-813-3541

*Utility Assistance Serving Cooke, Fannin, and
Grayson Counties.*

Tom Bean Ministerial Alliance

903-546-6231

*Medication/Food Assistance if living within Tom
Bean ISD.*

Denison Helping Hands

418 W Chestnut St, Denison, TX 75020

903-465-5101

Food Assistance for Denison Residents.

First Baptist Church Tom Bean

903-546-6231

Food pantry-(4th Thursday of Month)

Park Avenue Church of Christ

3000 Park Ave, Denison TX

903-465-1288

Carevide in Bonham

920 N Center St, Bonham, TX

903-583-8611

Medication Assistance.

Fannin County Indigent Health

903-583-2915

Medication Assistance.

Your Neighbor's House

201 S. Union St, Whitesboro, TX

903-564-4400

Food Assistance.

Share Ministries

820 E. Houston St, Sherman, TX

903-893-7097

Food Assistance.

Fannin County Community Ministry

903-583-3663

1022 FM 273, Bonham, TX

Food Assistance.

Fannin County Food Pantry

903-583-9150

Muenster Food Bank

940-759-4730

Food Assistance

Barnabas Center

2800 S. Mirick, Denison, TX

903-462-0094

Grayson College Food Pantry

Professor Mary Linder- Student Life

903-463-8616

St. Luke's Food Pantry

306 N Fannin Ave., Denison, TX

Phone Number:903-465-2630

maloneb@grayson.edu

Barbara Malone: 903-463-8730

Food, Utility, and Medication Assistance Continued

Grace Bridge Food

Bank 319 W. Walnut, Celina
214-425-9423

United Way of Grayson County

713 E. Brockett St., Sherman
903-893-1920

Victory Life

724 W. Main St, Durant
580-920-2574

New Heritage Baptist Church

(formerly east Sherman Baptist church)
2122 S. Heritage Parkway, Sherman
903-892-6171
*Call the church to set up an
appointment for assistance*

New Beginnings Fellowship

1201 W. Shepherd, Denison, TX 75020
Phone Number:903-463-4110
Mondays 9:00 am to 11:00 am to register

Western Heights Church of Christ

800 Baker Park Dr. Sherman, TX
Benevolence Available
Phone Number:903-892-9635

Calvary Baptist Church

418 W. Chestnut, Denison, TX
Phone Number:903-465-5101
*MWF- 9:00 am - 12:00 pm- Need to
bring College Student ID, ss card or
driver's license
Contributes to Denison Helping Hands*

North Park Baptist Church

2605 Rex Cruse, Sherman, TX
Phone Number:903-892-8429
*Food Assistance available Monday -
Thursday : 8:30 am- 4:30 pm/ closed
12:00 -1:00 pm*

Sherwood Shores Baptist Church

1044 Hillcrest Circle, Gordonville
Phone Number:903-523-5056
*Food pantry and clothing closet 9:00
am to 12:00 pm every 2nd Saturday of
the month*

Trinity Baptist Church

(4His Glory Ministry)
2627 Loy Lake Rd, Sherman, TX
Phone Number:903-892-1568
*Monday and Wednesday 5:30 pm to
7:30 pm, Tuesday 9:00 am to 12:00 pm*

Grand Central Station Soup Kitchen

619 Houston Street, Sherman TX
Phone Number:903-957-0264
*Open Monday through Friday 9:00 am,
to 1:00 pm
Breakfast Monday through Friday 9:00
am to 10:00 am
Lunch Monday through Friday 10:45
am to 12:45 pm*

Grayson County Health Department

Sherman - 515 N.Walnut, Sherman, TX
Sherman Phone Number:903-893-0131
Denison - 205 N.Houston, Denison, TX
Denison Phone Number:903-465-2878

Food, Utility, and Medication Assistance Continued

Women's Crisis Center

4200 N. Travis, Sherman, TX
Phone Number: 903-893-5615
Food for shelter residence only.

Masterkey Ministries

(903) 771-2816
209 S Heritage Pkwy, Sherman, TX 75092
Sat Drive-Thru: 8:00 AM – 10:30 AM

Harvest Time Church

(903) 771-2816
222 S Heritage Parkway, Sherman, TX
Fri Drive-Thru 8:00 am to 10:30 am

Four Rivers Outreach

210 S. Rusk, Sherman, TX
Phone Number: 903-870-4000
Register for food assistance at 10:00 am
Food assistance: Monday, Wednesday,
and Friday at 10:30 am
Thrift Store Open Saturday 10:00 am to 5:00 pm

United Way Of Grayson County

713 E. Brocket st, Sherman, TX
Phone Number: 903-893-1920

Your Neighbors House

201 s Union st, Whitesboro, TX 76273
903-564-4400

Living Word Family Church

302 South Dixon Street, Gainesville, TX 76240
Phone: (940) 665-1191

VISTO Food Pantry

1305 N. Clements, Gainesville, TX 76241
Phone: (940) 668-6403
Fax Number: (940) 668-7026

Sacred Heart Food Pantry

120 Mesquite Street, Muenster, TX 76252
Phone: (940) 759-3074

Fannin County Community

Ministries (Food Pantry)
1022 Fm 273 Bonham, TX 75418
903-583-3663

Manna House Food Pantry

903-583-3910 / 903-583-7056
914 South 5th St, Bonham TX 75418

Fannin County Family Crisis Center

118 East Sam Rayburn Dr, Bonham, TX 75418

Open Arms Shelter

1205 Albert Broadfoot st, Bonham, TX 75418

Feeding Fannin: Fannin County

Mobile Food Pantry
Updates on Facebook (City Hall and
Fannin County Multipurpose Complex)

Callisburg Meals on Wheels

(940) 665-3493
100 McDaniel St, Callisburg, TX 76240

Gainesville Meals on Wheels

(940) 665-3493
400 S Weaver St, Gainesville, TX 76240

Valley View Center Meals on Wheels

(940) 665-3493
503 N Lee St, Valley View, TX 76272

Bonham Meals on Wheels

(903) 583-8573
210 E 6th St, Bonham, TX 75418

Food, Utility, and Medication Assistance Continued

Community Food Pantry of Honey Grove, TX

281-832-8116 / 903-505-0250

701 7th St, Honey Grove, TX

Feeding Fannin – Mobile Food Distribution

Ladonia City Square, 100 Center Plaza, Ladonia,

TX 75449 1st Tuesday: 9:00 AM

Bonham Multipurpose Center, 700 FM 87,

Bonham, TX 75418 3rd Wednesday: 9:00 AM

Iglesia De Dios Tabernaculo de Alabanza

404 Reed St, Honey Grove, TX 75446

3rd Wednesday: 12:30 PM

Leonard Community Food Pantry

First Methodist Church

206 N. Main St, Leonard, TX 75452

1st Saturday & 3rd Monday: 10:00 AM – 12:00 PM

VA Mobile Food Pantry

1201 E 9th St, Bonham, TX 75418

2nd Wednesday: 9:30 AM

Bells Meals on Wheels

(903) 965-4517

203 S Broadway St, Bells, TX 75414

Callie Clinic

(903) 891-1972

1521 Baker Rd, Sherman, TX 75090

Food, Meds, STD's

Community Care Center

(903) 965-4861

301 S Pecan St, Bells, TX 75414

Tues: 9:00 AM – 5:00 PM | Food

Community Food Pantry of McKinney

(972) 547-4404

307 Smith St, McKinney, TX 75069

Denison Meals on Wheels

(903) 463-1711

531 W Chestnut St, Denison, TX 75020

Denison Soup Kitchen / Centrcross HEAT

903.814.4587

1030 W. Crawford, Denison TX 75020

M-F 8am to 10am breakfast/11am to 12:30pm lunch, some Sats, showers, laundry

East Sherman Baptist Church – Food Pantry

(903) 892-6171

910 E King St, Sherman, TX 75090

Family Promise

(903) 771-0322

901 E Houston St, Ste 100, Sherman, TX 75090

Feed My Sheep Inc. - Limited Service area

(903) 814-0836 - Call first

810 N Denny St, Howe, TX 75459

Key Care Mission

(903) 868-2604

921 E Houston St, Sherman, TX 75090

Pottsboro Meals on Wheels

(903) 463-1711 | (903) 327-3728

15015 TX-28, Pottsboro, TX 75076

Trinity Lighthouse / Minora Ministry

(940) 759-3074

801 W. Owings St. Denison TX 75020

Sherman Meals on Wheels

(903) 892-3733

1500 N Broughton St, Sherman, TX 75090

Food, Utility, and Medication Assistance Continued

St. Luke's Manna Ministries

(903) 482-6341
148 S Main Dr, Van Alstyne, TX 75495

Visions of Sugar Plums

(903) 821-9243
501 Spur 316, Ste 104, Pottsboro, TX 75076
Food to families & students most Fridays

Whitesboro Meals on Wheels

(903) 564-6021
105 Mineral St, Whitesboro, TX 76273

Whitewright Meals on Wheels

(903) 364-5328
123 W Grand St, Whitewright, TX 75491

Prescription Aid

GoodRx

goodrx.com
Compare drug prices and print coupons

MD Save

(888) 344-1845
mdsave.com
Discounted medical procedures

Viiv Connect

(844) 588-3288
HIV medication assistance

WellRx

wellrx.com
Prescription discounts

Blink Health – Brookshire's Pharmacy

(844) 926-2480
blinkhealth.com
Mon–Fri: 8am–9pm (ET), Sat: 9am–5pm
Prescription discounts

Lakeway Christian Community Resale Barn

(903) 786-2402
518 W FM 120, Pottsboro, TX 75076
Food distribution, utility & prescription aid

The Rehabilitation Center

(903) 893-7457
1216 Hillcrest Dr, Sherman, TX 75092
Occupational, physical, and speech therapy

Tom Bean Ministerial Alliance

(903) 813-3541
Medication/food assistance for residents in Tom Bean ISD

Financial Assistance

Mental Drive

Phone: (817) 585-4111
Email: ryder@mentaldrive.org
www.mentaldrive.org

Substance Abuse Resources

Outreach Screening Assessment & Referral

Texoma Community Center
315 W. McLain Street, Sherman, TX
903-957-4803

Narcotics Anonymous Hotline

888-851-1246
*NA meeting & events search in southern OK
and northern TX*

Alcoholics Anonymous Hotline

214-887-6699

Marijuana Anonymous Hotline

1-800-766-6779
*Support group search and information
services.*

DSHS Offender Education

Certified Locations Search & Information
www.dshs.state.tx.us/offendered/

Substance Abuse Helpline Toll-Free

1-800-246-HOPE (4673)
M-F 8am-5pm.

Substance Abuse Council

214 W Brockett Street, Sherman, TX
903-892-9911 or 940-668-7463
Prevention and education programs.

Greater Dallas Council on Drug & Alcohol Abuse

1349 Empire Central Drive, Ste 800, Dallas,
TX 214-522-8600
Call for additional resources and information.
Department of State Health Services
1-800-963-7111
<http://www.dshs.state.tx.us/>

Alcoholic Services of Texoma

2415 Texoma Pkwy, Sherman, TX
903-868-2123

Recovery Resource Council

2700 Airport Freeway, Ft. Worth, TX
817-332-6329
*Substance abuse screening, Education,
Outpatient, Counseling*

Alcohol & Drug Abuse Help Line

(800) 246-4673

Department of State Health Services – Substance Use Helpline

(800) 963-7111

Outpatient Treatment for Substance Abuse

Texoma Community Center

315 W. McLain, Sherman, TX
903-957-4803
No Cost. Outpatient, Drug Offender Education.

Four Rivers Outreach

210 S. Rusk, Sherman, TX
903-870-4000
*Drug and alcohol classes, Life Skills, GED
program.*

Homeward Bound

5300 University Hills Blvd, Dallas, TX
214-941-3500
First Come, First serve Mon-Fri. 7:30am-1pm

Lena Pope Home Inc

3131 Sanguinet Street, Fort Worth, TX
817-255-2652
Tarrant County residents only.

Outpatient Treatment for Substance Abuse

Medmark Treatment Centers of Texas Inc.

5201 McCart Ave, Fort Worth, TX
817-207-8700

Lakes Behavioral Health Center- Sherman

809 Gallagher Dr Suite A, Sherman, TX
903-892-8185
Low or no-cost.

Lakes Behavioral Health Center- Bonham

410 W. Sam Rayburn, Bonham, TX
903-583-0060
Low or no-cost.
972-524-4159

North Texas Addiction Counseling and Education Inc.

124 Pioneer Parkway, Ste 120
Arlington, TX
817-765-8278

Lakes Behavioral Health Center-Terrell

400 Airport Rd., Terrell TX
972-524-4259

Lakes Behavioral Health Center- Greenville

4200 Stuart, Greenville, TX
903-455-3987 x1312
Low or no-cost.

MHMR of Tarrant County

1300 Circle Dr #104, Fort Worth, TX
817-335-3022 or 1-800-866-2465
Adult & Adolescent Outpatient, Detoxification, Residential Treatment, Spanish Speaking Outpatient, Smoking Cessation, HIV Services, Veterans Services.

Volunteers of America Texas Inc.

2710 Ave J, Fort Worth, TX
817-529-7300 or 817-535-0853
Outpatient & Inpatient treatment.

Glen Oaks Hospital

301 Division St. Greenville, TX
903-454-6000

University of Behavioral Health of Denton

2026 W. University Dr. Denton, TX
940-320-8100

Medmark Treatment Centers of Texas Inc.

5201 McCart Ave, Fort Worth, TX
817-207-8700

House of Hope

2415 Texoma Parkway, Sherman, TX
903-868-2123
DWI & Drug Offender education/intervention.

The Recovery Center

2501 Taylor St. Wichita Falls, TX
940-761-3034

Millwood Hospital

1011 N. Cooper St, Arlington, TX
817-261-3121

US Department of Veterans Affairs (VA)

(800) 273-8255
1201 E 9th St, Bonham, TX 75418
Support for veterans seeking treatment

Substance Abuse Council

(580) 942-2215
214 W Brockett St, Sherman, TX 75090

Oklahoma Services

Lighthouse Behavioral Wellness Health & Substance Services of OK

2425 W University Blvd, OK 74701

580-924-7330

800-522-1090-Crisis Line

Medicaid, Medicare, Income based

Brighter Heights Oklahoma

107 S High St, Antlers, OK

580-298-2830

Mental health and substance abuse services.

Narcotics Anonymous- Key To Life

East Side Presbyterian Church

501 NE 4th Avenue

Durant, OK

Tue-Sun at 8pm & Monday at 12pm

Alcoholics Anonymous- Turning Point

Group

St. John's Church 515 W Beech Durant, OK

Mon, Tue, Thu, Sat at 7pm

Choctaw Nation of Oklahoma

(918) 567-2389

13224 SE 202nd Rd, Talihina, OK 74571

Mon–Fri: 8:00 AM – 5:00 PM

Services for males facing substance use
disorder

Inpatient/Residential Treatment for Substance Abuse

Billy Gregory Detox

1501 E. El Paso St, Fort Worth, TX
817-569-4600

Accepts unfunded. Inpatient and chemical detox.

Nexus Recovery Center Inc.

8733 La Prada Dr, Dallas, TX
214-321-0156

Inpatient for adolescence, women & children

Lena Pope Home Inc.

3200 Sanguinet St, Fort Worth, TX
817-255-2652

Tarrant County residents only.

Christian Farms-Treehouse Inc.

3804 Riverside Trail, Temple, TX
254-933-9400

30-90 day program, no detox, Medicaid, \$4500/month

Magdallen House

4513 Gaston Avenue, Dallas, TX
214-324-9261

Women only, non-medical alcohol detox, no cost.

Serenity House Drug & Alcohol Rehab

1546 N 2nd Street, Abilene, TX
325-673-6489

Scholarships available. Residential and Outpatient.

Homeward Bound

5300 University Hills Blvd, Dallas, TX
214-941-3500

*Accepts unfunded. First Come, First serve
Mon-Fri. 7:30am-1pm*

The Rehabilitation Center

(903) 893-7457

1216 Hillcrest Dr, Sherman, TX 75090

The Recovery Center

2501 Taylor St, Wichita Falls, TX
940-761-3034

or 866-937-7772

\$9,800 for 28 days, Private Insurance

Salvation Army Rehab Center

2901 Northeast 28th St, Fort Worth, TX 817-
834-6271

Men Only

Solutions of North Texas in Denton

1516 N Ruddell Street, Denton, TX
940-898-6202

90 day Residential and Outpatient. Financial Assistance

My Brother's House

(940) 759-2499

Inpatient safe house to recover from alcoholism or drug addiction

Four Rivers Outreach

(903) 870-4000

210 S. Rusk St, Sherman, TX 75090

Youth Empowerment Services (YES)

(877) 461-4224

902 Cottonwood Rd, Sherman, TX 75090

Ages 3-18, must meet psychiatric hospitalization criteria, Medicaid accepted

TMC Behavioral Health Center

(903) 416-3000

2601 Cornerstone Dr, Sherman, TX 75092

Mental health services for ages 18+

Open 24/7/365

Medication Assisted Treatment Providers for Substance Use Disorders

**Dr. Sullivan Bryant - Axcel
Treatment & Recovery Clinic**
1105 Memorial Dr, Denison
903-337-0208

**Dr. Jawad Riaz - Premier Psychiatric
& Sleep Medicine Associates**
115 W. Lamberth Suite A, Sherman
903-892-6700

**Dr. Olyenmi Aina - Tri-MED
Behavioral & Sleep Medicine**
1601 N. Travis, Sherman
903-328-6556

Dr. Dante Burgos
1105 Memorial Dr, Denison
903-464-0727

Narcotics Anonymous

Cooke County

Narcotics Anonymous

1608 N Commerce, Gainesville, TX
*Mon, Tue, Wed, Fri, Sat, & Sun at 8pm. Thu
at 12pm & 7pm*

NAG Group – Narcotics Anonymous

415 E California St, Gainesville, TX 76420
Thursdays, 6:00–7:00 PM

Grayson County

Full Circle 1st United Methodist Church

301 W Maple St, Whitewright, TX
Mon, Wed, Sat at 7:30pm

Refinishing at Saint Episcopal Church

401 S. Crockett St, Sherman, TX
Mon & Thu at 7pm

Crystal Meth Anonymous-Crossroads Group

212 C.N. Crockett, Sherman TX
903-893-3910
Opens at 6:00 pm

Celebrate Recovery

3000 Park Ave, Denison, TX 903-465-1288
7201 FM 691, Denison, TX 903-436-8991
800 Baker Park Drive, Sherman, TX 903-892-
9635

Keep it Simple at Trinity Lighthouse

2915 Spur 503, Denison, TX
Fri & Sat at 8pm

Fannin County

Primary Purpose

1308 E Sam Rayburn Dr, Bonham, TX
Nightly at 7pm

Bonham AFG – Al-Anon

818 N Main St, Bonham, TX 75498
Mondays, 5:00 PM

Twinkle Group

(903) 449-6372
Bonham, TX
Thu–Sat, 8:00 PM | Open Meetings

Something Different at Covenant

Presbyterian Church
322 W. Pecan St, Sherman, TX
Mon-Fri at Noon

Texoma AFG One – Al-Anon

300 W Morgan St, Denison, TX 75020
Thursdays, 5:30 PM

Refinishing Group – NA

(800) 934-1582
314A N Walnut St, Sherman, TX 75090
Mon, Tue, Thu, Sat, Sun, 7:00–8:00 PM
Wednesdays, 12:00–1:00 PM

Surrender Group – NA

(800) 913-2720
2300 W Morton St, Ste 122, Denison, TX 75020
Tue, Thu, Sun, 7:00–8:00 PM

Oklahoma

Key To Life Group – NA

(405) 461-1487

501 NE 4th Ave, Durant, OK 74701

Mon–Thu, Sat & Sun, 7:00–8:00 PM

Alcoholics Anonymous

Cooke

Al Anon

606 N. Taylor St,

Gainesville, TX

940-665-1647

Anchor Group

1608 N. Commerce, Gainesville TX

940-612-2016

*Mon-Sat at 12pm. Mon, Wed-Fri at 6pm. Wed
& Thu at 7:30. Sun at 10am and 8pm*

Fannin

Al-Anon

1310 E Sam Rayburn Drive, Bonham, TX

940-640-8916

Mon at 7pm

New Beginnings Group

1308 N. Sam Rayburn Fwy, Bonham, TX

903-640-8916

Mon-Sat at 12pm. Sun at 1pm & 6pm

Twinkle Group

1308 E Sam Rayburn Drive, Bonham, TX

940-449-6372

Mon-Sun at 8pm

Grayson

Sherman Serenity

106 S. Elm St, Sherman, TX

Mon-Sun 8am, 12pm, and 8pm. Sun 10am

Texoma #1 Group

300 W. Morgan, Denison, TX

903-465-4430

*Mon-Sun 12pm & 8pm. Mon-Friday 7am &
6pm. Sat & Sun 8am & 10am. Fri & Sat 10pm*

Van Alstyne Al-Anon

521 Rigsby Street, Van Alstyne, TX

866-641-9190

Tue, Thu, Fri, & Sun 6pm

Van Alstyne AFG / Al-Anon

Zoom ID: 427707 (214) 801-9796

Grayson Alcoholics Anonymous Continued

Sherman AFG / Al-Anon

1515 N Travis St, Sherman, TX 75092
Mondays, 7:00 PM

Serenity Group – AA

(903) 868-2734
120 E Mulberry St, Sherman, TX 75090
Daily, 8:00 AM

Joshua's Crossing – AA

(903) 870-8048
Sherman, TX | Fridays, 6:00 PM

Faith Based Services Local Churches

Joshua's Crossing

7201 FM 691, Denison
903-870-8048

Legacy Bible Church

4818 FM 691, Denison
903-892-1476

Georgetown Baptist Church

207 Georgetown Rd, Pottsboro
903-786-2233

St. Mary's Catholic Church

727 S. Travis St, Sherman
903-893-5148

Lakeway United Methodist Church

15015 TX-289, Pottsboro
903-786-2138

Grace Bible Fellowship

101 W. Pecan St, Gunter
Thegbf.com

First United Methodist Church

401 N. Elm, Sherman
903-893-6514

First Christian Church

800 W. Woodard, Denison
903-465-1327

First Pentacostal Church

177 W Cooper St, Van Alstyne
903-482-6646

Park Avenue Church of Christ

3000 Park Ave, Denison
903-465-1288

Heritage Nazarene Church

601 FM 1417, Sherman
903-893-2643

St. Stephen's Episcopal Church

401 S. Crockett, Sherman
903-892-6610

Church of Jesus Christ of Latter Day Saints

1900 W. Lamberth Rd, Sherman
903-742-0789

Covenant Presbyterian Church

322 W. Pecan, Sherman
903-892-1502

Jehovah's Witnesses Kingdom Hall

3210 E Lamar, Sherman, TX
903-892-2742

Seventh Day Adventist Church

3409 S. Eisenhower Pkwy, Denison
903-463-3652

Home Health Services Grayson County & Fannin County

Caring Bridge Home Health Care

903-870-1000

Interim HealthCare of Sherman

903-357-5704

AdvanTX Home Care, Inc.

903-813-8681

Inhabit Home Health

903-813-3238

Cooke County

NTMC Home Health

940-668-2094

112 N Dixon St, Gainesville, TX 76240

TMC:

903-416-5555

Advanced Care:

580-924-2626

Active Home Care Services

940-686-4663

Angels Care Home Health

106 W Main Street

Gainesville, TX 76240

Phone: 940-665-0944

angelscarehealth.com

Grayson County

Angels Care Home Health

324 N Chestnut Street

Denison, TX 75020

Phone: 430-269-0809

angelscarehealth.com

First Texas Whitesboro

(903) 564-9111

2535 US 82 Suite D, Whitesboro, TX 76273

Local Hearts

(940) 736-0496

117 E Main Street, Ste B,

Lindsey, TX 76250

Home care

Oklahoma

Aspire Home Care

855-527-7473

Texas Medical Center

(940) 666-3375

840 E. Main St. Suite A, Gainesville, TX 76240

Home Health Services of SE OK

580-920-1700

1323 N 16th Ave, Durant, OK 74701

Solaris Healthcare Services

(888) 376-5274

101 E California, Gainesville, TX 76240

Angel Hands

(903) 716-5474

Medicare, Medicaid & insurance

Hospice & palliative care

DME

Miracle DME:

903-892-1525

Advanced Care Medical Equipment

(580) 924-2626

1026 Radio Rd, Durant, OK 74701

Medical Center Pharmacy

(580) 924-7425

Meals on Wheels Texas

Callisburg: 940-655-7375

Bells: 903-965-4517

Bonham: 903-583-8573

Denison: 903-463-1711

Gainesville: 940-665-3493

Pottsboro: 903-327-3725

Sherman: 903-892-3733

Van Alstyne: 903-482-6341

Whitesboro: 903-564-6021

Meals on Wheels Oklahoma

Tulsa: 918-627-4103

OKC: 405-607-2314; 580-230-9142

Hospice Services Grayson County**Home Hospice of Grayson, Cooke, & Fannin
County**

903-868-9315 | (940) 665-9891

Elderly Services:**Stanford House, Senior Citizen Center**

(940) 668-1451

401 W Garnett St,

Gainesville, TX 76240

Foster Heritage

(325) 374-6152

Elderly Care & Housing

Habitat for Humanity

(903) 893-0009

901 N Grand Ave,

Sherman, TX 75090

Mon–Fri: 8:30am–5:30pm

**Texoma Council of Governments – Aging
Services**

(903) 893-2161

United Way of Grayson County

(903) 893-1920

713 E Brockett St,

Sherman, TX 75090

*Call 2-1-1 for local services, available funds, and
support*

VISION AID**Evening Lions Club Eye Glasses Program**

(903) 893-1308 | Rodger Peckenpaugh

Email: rwspemsh.com

DENTAL**Grayson****Four Rivers Dental Clinic**

(903) 870-4000

210 S Rusk St, Sherman, TX 75090

Applications accepted

Jubilee Dental & Braces

(903) 375-0782

2916 US-75, Sherman, TX 75090

Sliding scale, Medicaid accepted

Pediatric Dentistry of Sherman PA

(903) 892-2246

2803 N Loy Lake Rd, Sherman, TX 75090

Fannin**CareVide**

(903) 583-6155

1211 E 6th St, Suite 300, Bonham, TX 75418

Sliding Scale Dentists that offer services other than extractions

Mission East Dallas MED Mesquite

Address: 4550 Gus Thomasson Road, Mesquite, Suite 40, TX 75150

Phone: 972-682-8917

Services Provided:

Routine check-ups and cleanings

Restorative fillings Extractions and root canals

Dentures and partial dentures

Emergency and comprehensive exams

Foremost Family Health Centers

Address: 4550 Gus Thomasson Road, Mesquite, Suite 40, TX 75150

Phone: (214) 426-3645

Services Provided:

Cleaning Dental Fillings

Tooth Extractions

Dental Crowns

Partial Dentures

Prism Health

Address: 8224 Park Ln, #125, Dallas, TX 75231

Phone: 214-987-1131

Services Provided:

Dental exams,

x-rays, & cleanings

Gum treatments

Sealants

Fillings (all types)

Extractions*

Crowns

Bridges

Full & partial dentures

Root canals*

Pediatric dental services*

Oral cancer screening

Health fairs

Patient oral health & preventive education

Law Enforcement

Sheriff's Department – Emergency order detention; involuntary admission & transport

Texas

Grayson County

Sheriff Tom Watt
Chief Deputy Tony Bennie
903-813-4408

Collin County

Sheriff Jim Skinner
972-547-5100

Fannin County

Sheriff Mark Johnson
903-583-2143

Cooke County

Sheriff Ray Sappington
940-665-3471

Speech Pathologist

Developmental edge

903-482-0032 – Van Alstyne

Alison Nelson

4917 Golden Triangle Blvd,
Suite 411 & 421, Fort Worth, TX
817-754-4940

Red River Management

580-677-9949 – Madill OK

Language Interpreter

Innerlingua Translations

866-664-4182

Oklahoma

Bryan County

Sheriff Jimmy Christian
580-924-3000

Tribal Services

Choctaw Nation
580-889-6147 – Atoka

Chickasaw Nation

580-371-3278 – Tishomingo

Clothes Closets

Resale Barn

518 FM 120, Pottsboro
903-786-2402

Crisis Center

4200 N Travis Street, Sherman
903-893-5615

Salvation Army Family Store

426 W. Houston, Sherman
903-813-4848

St. Catherine's

1015 N. 1st Ave, Durant
580-920-4655

**Barnabas Center – Park Avenue Church
of Christ**

118 W. Chestnut, Denison
903-462-0094

For His Glory Ministry

2627 Loy Lake Rd, Sherman
903-892-1568

Texoma Family Shelter

331 W Morton Street, Denison, TX
903-465-6041

At the Treehouse Resale Store

(940) 580-9280
1311 N Grand Ave, Ste 100, Gainesville, TX

Second Time Around

(940) 665-7939
105 S Denton St, Gainesville, TX 76240

Helping Hands of Faith

(940) 668-4393
719 Smith St, Gainesville, TX 76240

First Bonham Kids

(903) 583-8519
Thurs: 10am – 12 PM
710 N Center St, Bonham, TX 75418
Free clothing for children

Bargain Box

(903) 463-2398
418 W Main St, Denison, TX 75020

Park Avenue Church of Christ / Barnabas Cen.

(903) 462-0094
2800 S Mirick Ave, Denison, TX 75020

The Blessing Box Resale Store

(903) 464-0977
4006 Texoma Pkwy, Ste 107, Denison, TX

The Ramblin' Closet

(972) 741-8810
142 S Main Dr, Van Alstyne, TX 75495
Thurs–Sat: 11:00 AM – 2:00 PM

Hygiene Items

Grayson County Infant/Toddler Diapers Bank with TCOG

<https://tcog.com/wp-content/uploads/2020/06/Grayson-County-Diaper-Bank-Referral-Form.pdf>

Grayson County Adult Briefs or Incontinence Care

Call for appointment with TCOG for supplies

903-893-2161

<https://tcog.com/wp-content/uploads/2020/07/Grayson-County-Diaper-Bank-Adult-Brief-Incontinence-Care-Referral-Form.pdf>

Income-Based Apartments**Hilltop Village Apartments**

4919 Timberview, Sherman
903-892-3171

Norwegian Woods Apartments

220 Archer Dr, Sherman
903-893-1594

David Catching Apartment

311 N. Collins Freeway, Howe
903-532-6538

Glenbrook Apartments

311 N. Collins Freeway, Howe
903-532-6538

Steeplechase Apartments

3621 Steeplechase Dr (Hwy 1471) Sherman
903-771-1410 www.rentourspace.com

Williamsburg Apartments

100 E. Williams St, Pottsboro
903-786-3093

Diamond Place Apartments

1600 LaSalle Dr, Sherman
903-892-2999

Hunnington Apartments

2300 W. Taylor St., Sherman
903-868-2000

Section 8 Housing Authority

2001 N. Hoard, Sherman
903-893-3139

Affordable Apartments**Highland Park Village**

1925 W. Taylor St, Sherman
903-892-0188

Lakewood Apartments

303 S. FM 1417, Sherman
903-893-9551 St.

The Parks on Taylor

1200 W. Taylor St, Sherman
903-813-4050

Archer Village Apartments

415 Archer Dr., Sherman
903-893-0344

Easton Parc Apartments

1600 LaSalle Dr,
Sherman 903-892-2999

Denison Housing Authority

330 N. 8th Ave., Denison
903-465-2650

Social Service Organizations and other helpful numbers

Adult Probation-Cooke County: 940-668-5540
Adult Probation-Fannin County: 903-583-7446
Adult Probation-Grayson County: 903-813-4207
Adult Protective Services: 1-800-252-5400
CASA: 903-813-5400
CASA of North Texas: 940-665-2244
CASA and Children's Advocacy Center: 903-583-4339
Child and Family Guidance Center: 903-893-7768
Child and Family Guidance Center-Grayson: 903-893-4979
Child Protective Services: 1-800-252-5400
Clinical Pathology Laboratories: 903-891-8797
Crisis Center: 903-893-5615
Department of Assistive and Rehabilitative Services: 903-813-8200
Department of Health Services-Oklahoma: 405-522-5050
District Parole Office: 903-868-2616
District Attorney Grayson County: 903-813-4361
District Attorney Bryan County: 580-924-4032
Health Department-Denison: 903-465-2878
Health Department-Fannin County: 903-583-7542
Health Department-Sherman: 903-893-0131
Housing Authority of Cooke County-Gainesville: 940-665-1747
Housing Authority of Grayson County: 903-892-8717
Housing Authority-Bonham: 903-583-3336
Housing Authority-Denison: 903-465-2650
Housing Authority-Sherman: 903-893-3139
Jail-Fannin County: 903-640-4171
Jail-Grayson County: 903-892-8443
Juvenile Probation-Fannin County: 903-378-7890
Juvenile Probation-Grayson County: 903-786-6326
Medicaid/Food Stamps-Cooke County: 940-665-9315
Medicaid/Food Stamps-Fannin County: 903-583-5535
Medicaid/Food Stamps-Grayson County: 903-892-0581
Multicultural Family Center 903-328-5203
National Alliance on Mental Illness (NAMI) 800-950-6264

National Child Abuse Hotline / Protective Services 800-422-4453
North Texas State Hospital: 940-552-9901
North Texas Youth Connection: 903-893-4717
Police Department-Bonham: 903-583-2141
Police Department-Calera 280-434-7000
Police Department-Colbert 580-296-2000
Police Department-Denison: 903-465-2422
Police Department-Gainesville: 940-668-7777
Police Department-Sherman: 903-892-7281
Sheriff-Cooke County: 940-665-3471
Sheriff-Fannin County: 903-583-2143
Sheriff-Grayson County: 903-813-4408
SNAP (Supplemental Nutrition Assistance Program) 877-541-7905
Social Security Office: 800-772-1213
TAPS Bus: 1-800-256-0911
TANF (Temporary Assistance for Needy Families) 866-411-1877
Texas Council of Governments – Family Assistance 903-823-3591
Texas State Health & Human Services 877-541-7905
Texas Highway Patrol: 903-813-3400
Texoma Council of Governments 903-893-2161
Texoma Council on Alcoholism & Drug Abuse: 903-892-9911
Texoma Medical Center Hospital: 903-416-4000
TMC Behavioral Health Center: 903-416-3000
VA North Texas-Bonham: 903-583-2111
Wilson N. Jones Regional Medical Center: 903-870-4611
Carrus Behavioral Health: 903-870-2600
Workforce Solutions Texoma-Bonham: 903-640-0222
Workforce Solutions Texoma-Denison: 903-463-9997
Workforce Solutions Texoma-Gainesville: 940-665-1121
Workforce Solutions Texoma-Sherman: 903-957-7408
DHS Grayson County: 903-893-6553
DHS Oklahoma: 405-521-3646

Community Services Network

320 King Avenue, Denison, TX
903-786-5899

Four Rivers Outreach

210 South Rusk Street, Sherman, TX
903-870-4000

Pregnancy Care Center

105 West Pecan Street, Sherman, TX
903-893-9099

Sherman SNAP Center

1500 Broughton Street, Sherman, TX
903-892-3733

SNAP of Whitesboro

105 Mineral Street, Whitesboro, TX
903-564-6021

Compassion and Support

First United Methodist Church
401 N. Elm Street, RM 110, Sherman, TX
903-868-9315
Grief Support Counseling/Group

Assure Wireless

1-888-898-4888
Free wireless phone and 200 minutes.

**National Alliance on Mental Illness;
Grayson, Fannin, & Cooke County
(NAMIGFC) Meeting**

815 S. Dewey Hwy 11, Sherman
903-814-7121
*Mental Illness Support Group
3rd Thursday monthly 6p-8p*

Community Services Network

320 King Ave, Denison
903-786-5899

SoonerCare

(800) 987-7767 | (405) 522-6205

**North Texas Job Corps Center –
Mario Paniagua**

11701 N Church Street, Bldg 1,
McKinney, TX 75069
enroll.jobcorps.gov

Public Utility Commission of Texas

(866) 454-8387
Services: Phone & utility assistance Apply online
at www.texaslifeline.org or request application
by mail



Community resource
information includes:

- Basic Needs
- Senior Services
- Veteran Services
- Child Care
- Employment Services
- Health Care
- Legal Services
- Disaster Resources

 www.211.texas.org

 2-1-1 or 1-877-541-7905



Disaster Distress Helpline 1-800-985-5990

(SAMHSA's Disaster Distress Helpline, 24/7, 365-day-a-year crisis counseling and support for emotional distress related to natural or human-caused disasters.) Or text "TalkWithUs" to 66746

Behavioral Health Disaster App <https://www.store.samhsa.gov/apps/disaster> Responders can utilize the SAMHSA Go2AID—The Field Resources for Aiding Disaster Survivors APP too!

FEMA Coping with Disaster <https://www.FEMA.gov/coping-disaster>

Access to Disaster Help and Resources

<https://www.disasterassistance.gov/>

Ready or Not? Have a plan <https://texasprepares.org>

Make Ready.gov a part of your information toolkit on all thing's disaster related

<https://www.ready.gov/be-informed> Fire/EMS Helpline 1-888-731-FIRE (3473)

Emergency Medical Technician? <http://www.safecallnow.org/> 1-206-459-3020 or contact the First Responder Support Network <http://www.frsn.org>. or Code Green Campaign <http://codegreencampaign.org/resources>.

Find more information at <https://www.naemt.org/initiatives/ems-mental-health>

Lots more info for EMS and Fire <https://www.nvac.org/programs/share-the-load-program/>

Law Enforcement? <http://www.copline.org> or call **1-800-267-5463**

Veteran?

VA Disaster Mental Health Treatment [https://www.ptsd.va.gov/public/treatment/therapy-med/disaster-mental-health-treatment, asp](https://www.ptsd.va.gov/public/treatment/therapy-med/disaster-mental-health-treatment.asp)

VA Coaching into Care 1-888-823-7458

Vets Prevail <https://www.vetsprevail.org>

(personalized, confidential, online, where you earn rewards for helping yourself and others)

Headstrong (for post-9/11 vets) Free, confidential treatment for post-9/11 veterans <http://Getheadstrong.org/get-help/>

Traumatic Brain Injury (TBI) Defense & Veterans Brain Injury Center Info and Referral 1-866-966-1020

Veterans Crisis Line 1-800-273-8255; press 1

Need more great resources? <https://www.samhsa.gov> and <https://www.samhsa.gov/disaster-preparedness>

Sign up for a free account, take classes, earn CE's, meet other responders, get involved, and more... <https://train.org/Texas/> and <https://preparingtexas.org>

Emergencies – Stressed? Need to Talk?

1-800-273-8255 (Talk)

National Suicide Prevention Lifeline (24/7, Free, Confidential support for people in distress).

National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

National Sexual Assault Hotline

1-800-656-HOPE (4673)

National Domestic Violence Hotline

1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)

RAINN www.rainn.org

(Rape, Abuse, & Incest National Network)
1-800-656-HOPE (4673)

Abuse Hotline

1-800-252-5400

Crime Victims

1-800-799-7233

Outreach, Screening, Assessment, and Referral (OSAR)

A point of contact for those seeking substance use disorder treatment services. Regardless of ability to pay, Texas residents who are seeking substance use disorder services and information may qualify for services based on need. OSAR's are located at Local Mental Health Authorities (LMHAs) in 11 Health and Human Services regions.

MENTAL HEALTH

<http://hhs.texas.gov/services/mental-health-substance-use>

Local Mental Health Authorities

Community Mental Health Centers <http://txcouncil.com>

Substance Use Disorder?

Alcoholic	Narcotics
Anonymous	Anonymous
http://aa.org	http://www.na.org

Crisis Text Line

Text HOME to 741741 in the U.S.,
a trained Crisis Counselor will text back.

TX Stalking Resource Center

<https://victimsofcrime.org/our-programs/past-programs/stalking-resource-center>

Elder Abuse: Report it, get help, and applicable state laws

Contact the Administration for Community Living, National Center on Elder Abuse <https://ncea.acl.gov>
or call: Eldercare Locator (weekdays) 1-800-677-1116

Most states require doctors and lawyers to report elder mistreatment. But, family, friends, and
Others can report too. Don't walk. Help is available. In an emergency call 911.

Want more information? Elder Options of Texas <https://www.elderoptionsoftexas.com> and
<https://www.texasattorneygeneral.gov/consumer-protect/seniors-and-elderly/how-spot-and-report-elder-abuse-and-neglect>

Veterinarian? Assn. of Shelter Veterinarians <https://www.sheltervet.org/crisis-intervention>

Resource directory's:

<https://www.navigatelifetexas.org/en/>

<https://helpingfannin.org/>