

## **DCC HELPFUL HUMAN RESOURCES**

Suggested resources with information and guidance on various sensitive topics:

- **Sexual Harassment**
  - **RAINN:**
    - <https://rainn.org/types-sexual-violence>
  - **Warning Signs:**
    - <https://www.rainn.org/warning-signs>
- **Bullying**
  - **What is Bullying:**
    - <https://www.stopbullying.gov/what-is-bullying/index.html>
    - Information provided by stopbullying.gov; A federal government website managed by the U.S. Department of Health and Human Services
  - **Get Help Now:**
    - <https://www.stopbullying.gov/get-help-now/index.html>
  - **Support if you are bullied:**
    - [StompOutBullying](https://www.stompoutbullying.org)
    - StompOutBullying is a national website with a 24-7 web-chat service for teens to find access to help for support about bullying. Trained counselors monitor the chat room to provide support and assistance to teens who are looking for advice.
  - **Cyber Abuse / Cyber Bullying**
    - **What is cyberbullying:**
      - <https://www.stopbullying.gov/cyberbullying/what-is-it/index.html>
      - Stopbullying.gov is a national organization providing guidance for students
- **Drugs and Alcohol**
  - **Find Treatment:**
    - <https://findtreatment.gov>
    - Substance Abuse and Mental Health Services Administration National Drug Information Treatment and Referral Hotline; Provides information, support, treatment options, and referrals to local rehab centers for drug or alcohol problems. Operates 24 hours, 7 days a week. 800-662-HELP (4357) (toll free)

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# DALLAS COMEDY CLUB

- **Get Help Resources:**
  - <http://www.ncadd.org>
  - National help resources
- **Get Information:**
  - <http://www.niaaa.nih.gov>
  - National Institute on Alcohol Abuse and Alcoholism; Makes available free informational materials on many aspects of alcohol use, alcohol abuse, and alcoholism. (301) 443-3860
- **Be Drug Free:**
  - <http://www.drugfree.org>
  - Drug Free: A nonprofit support group
- **Depression**
  - **National Suicide Prevention Lifeline:**
    - <https://suicidepreventionlifeline.org/>
    - Trained professionals available to help, not pry
  - **S.A.F.E. Alternatives (Self-Abuse Finally Ends):**
    - [www.selfinjury.com](http://www.selfinjury.com)
    - Information Line to help avoid self harm
- **Discrimination**
  - **Anti-Bias Resources:**
    - <https://www.adl.org/education/resources/tools-and-strategies/anti-bias-resources>
    - Anti-Defamation League
  - **LGBTQ harassment:**
    - <https://www.glsen.org/day-silence>
    - The GLSEN Day of Silence brings attention to anti-LGBTQ name-calling, bullying and harassment and effective responses

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**Crisis Hot-lines – phone or text lines**

Suicide and Crisis Center of North Texas	214-828-1000
Texas Health - Behavioral Health Help Line	682-236-6023
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Crisis Text Line	741741

**Mobile Response Units – will come to your location**

ADAPT of Texas	877-738-0488
Carrollton Springs Assessment Team (CSAT)	972-242-4114
Emergency Services	911

**Psychiatric Hospitals – Adults**

Parkland Psychiatric Emergency Medical District, Dallas	214-590-8761
Green Oaks Hospital 7808 Clodus Fields Drive, Dallas	972-991-9504
Carrollton Springs 221 Parker Road, Carrollton	972-242-4114
Dallas Behavioral Healthcare Hospital 800 Kirnwood Drive, Dallas	855-982-0897

**Psychiatric Hospitals – Children & Adolescents**

Children's Health Medical District, Dallas	214-456-8899
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**Psychiatric Hospitals – Children, Adolescents, & Adults**

Seay Behavioral Health Center 6110 West Parker Road, Plano	972-981-8301
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