

# Community Health & Support Resources

## Mental Health Services

- **Metrocare Services**  
Free mental health services for depression, anxiety, and more.
- **Trauma Support Services**  
Trauma-informed therapy for adults and children.

## General Medical Services

- **Los Barrios Unidos**  
Free or low-cost medical care.
- **Agape Clinic**  
*Highly recommended for Chronic Care Management.*
- **Good Neighbor Health Clinic**
- **Catholic Charities**
- **RX Outreach (Low-Cost Medications)**

## Food, Benefits & Family Support

- **North Texas Food Bank**
- **FindHelp.org**  
A powerful search tool for food, housing, healthcare, and more based on your ZIP code.
- **Apply for SNAP, Medicaid, CHIP & More**  
Apply for:
  - SNAP (Food Benefits)
  - SNAP-ED (Nutrition Education)

## Other helpful programs (Click below for Other Programs Could Help You):

- Medicaid and CHIP Programs and Services
- Medical Transportation Program
- Medicare
- Social Security
- Supplemental Security Income Texas Simplified Application Project (TSAP) for SNAP Food Benefits