

Resource Center Behavioral Health Mental Health Services Update

We are still here for you. Due to the recent changes in our daily lives, we are especially mindful of the social isolation, increased anxiety and other mental health and sobriety issues many people are experiencing. We are dedicated in supporting our community, by staying connected and providing quality, cost-effective, and remote mental health services to all existing and new patients.

Our staff has been hard at work transitioning our in-office mental health services to include a supportive virtual platform through telehealth counseling and Zoom support groups. We are equipped with the technology to provide distance counseling services and run many of our free support groups online using confidential, HIPAA-compliant tools. This allows the Center to ensure we are delivering quality care while protecting the privacy of all users.

We have postponed all in-person support groups and will host most our regular and new FREE support groups on Zoom. Our support groups provide a safe place for consistent social connections, opportunities for emotional support with others, and offer facilitated mental health related topics and discussions.

We understand that the move to a remote, virtual counseling relationship may be happening quickly, and we are here to help. If you need to schedule a new counseling appointment, have questions regarding our mental health services or need technical support accessing and navigating your telehealth appointment or support group meetings via Zoom, please call us at **214-393-3640**.

Current Mental Health Services

Telehealth Counseling

- Individual Counseling 50 minutes-Adults (18+)
- Couples Counseling 60 minutes-Adults (18+)
- Individual Counseling 50 minutes-Adolescents (13-17)

Telehealth Gender-affirming Assessment and Clearance Letters

- Hormone Replacement Therapy (HRT) Letter (18+, Texas Resident)
- Gender Confirmation Surgeries (GCS) Letters (18+, Texas Resident)
- Legal services letter (i.e. name change, gender-marker change) (18+, Texas Resident)

**NEW APPOINTMENTS AVAILABLE TODAY!
CALL 214-393-3640 TO SPEAK WITH A BEHAVIORAL HEALTH STAFF MEMBER.**

Virtual Support Groups

THRIVE Support Group (ages 50+)

Focus: A support group for LGBTQ Senior Adults to socialize and interact while exploring issues such as combating isolation, grief and loss, coming out, aging gracefully, retirement, and other societal aging issues.

Facilitator: Resource Center Behavioral Health

Zoom Link Contact: 214-540-4418 (Please call to join and access Zoom link)

Dates & Times: Mondays, 11:45 a.m.-1 p.m.

Gender-affirming Support Group (ages 18+)

Focus: Gender-affirming support for transgender and gender non-conforming adults ages 18 and over. Allowing individuals to explore issues without fear of not being understood or encountering prejudice about gender identity.

Facilitator: Resource Center Behavioral Health

Zoom Link Contact: 214-393-3640 (Please call to join and access Zoom link)

Dates & Times: Tuesdays, 6-7:15 p.m. (Zoom check-in 5:50-6p.m.)

Youth Reconnect: A Virtual Group Therapy for LGBTQ+ Youth (ages 12-17)

Focus: A support group for LGBTQ+ Youth with facilitated discussions and topics focused on mental health and current challenges adjusting to our new virtual home and school way of life.

Facilitator: SMU Center for Family Counseling

Zoom Link Contact: 214-768-6789 (Please call to join and access Zoom link)

Dates & Times: Mondays, 7-8:30 p.m.

Parent & Caregiver of LGBTQ+ Youth

Focus: A casual support group for adults of LGBTQ+ youth providing an open and accepting space to encourage open discussion and meaningful conversation regarding the unique challenge's LGBTQ+ youth, parents and caregivers may face at home or school. Finding support and building healthy connections with others, while fostering overall healthy family relationships to support and empower each youth to lead an authentic life.

Facilitator: SMU Center for Family Counseling

Zoom Link Contact: 214-768-6789 (Please call to join and access Zoom link)

Dates & Times: Tuesdays and Thursdays, 6:30-8 p.m.

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MPower Yourself (Participants of United Black Element (UBE), FUSE, and GenderBrave/ages 18-35)

Focus: A support group affirming of diverse identities, sexual orientations, and racial/ethnic backgrounds for LGBTQ+ individuals. Promoting self-empowerment, personal growth, interpersonal relationships, and overall good mental health.

Facilitator: SMU Center for Family Counseling

Zoom Link Contact: 214-768-6789 (Please call to join and access Zoom link)

Dates & Times: Tuesdays and Thursdays, 5-6:30 p.m.

Other Virtual Support Groups

Unwired: CMA-Crystal Meth Anonymous (ages 18+)

Focus: Crystal Meth Anonymous is a fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for members is the desire to stop using.

Facilitator: CMA Peer Support

Zoom Link Contact: 319-333-4137 or johnathandarby@gmail.com (Please call or email to join and access Zoom link)

Dates & Times: Go to cmatx.org/meetings to access Unwired CMA Dallas Support Group designated meeting types, dates and times.

LAMBDA Group for Alcoholics Anonymous (ages 18+)

Focus: A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Facilitator: Chair Peer Support

Zoom Link Contact: If you need an AA meeting, join us online at lambdadallas.com for one of our regular meeting times by clicking **DALLAS LAMBDA ON ZOOM** button below. Use Zoom Meeting ID.

Zoom Meeting ID: 827-282-878

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CALL 214-393-3640 TO SPEAK WITH A BEHAVIORAL HEALTH STAFF MEMBER.**