

# Mental Health Resources for Amarillo Area

## 1. Mental Health Resources During A Crisis (or for anyone who is suicidal)

Texas Panhandle Centers (TPC) Crisis Hotline: [806-359-6699](tel:806-359-6699) or [1-800-692-4039](tel:1-800-692-4039) (toll-free) • Ask for the Mobile Crisis Outreach Team (MCOT) which consist of TPC counselors and Crisis Intervention-Trained (CIT) Police Officers  
Amarillo Police Department Crisis Intervention Team (CIT): Call 9-1-1 and ask for a CIT Police Officer  
Family Support Services 24/7 Crisis Hotline: [806-374-5433](tel:806-374-5433) or [844-363-3452](tel:844-363-3452) (toll-free)  
NWTHS Behavioral Health Hospital (aka The Pavilion): [806-354-1810](tel:806-354-1810) or [1-800-537-2585](tel:1-800-537-2585) (toll-free)

## 2. Short-Term, Non-Life-Threatening Mental Health Residential Care

Texas Panhandle Centers (TPC) Respite Center: [806-351-3270](tel:806-351-3270) • 2002 Hardy St (off Wolflin Ave), Amarillo, TX 79106

## 3. Jail Diversion to Mental Health Services When Arrested/Jailed

Maira Argomaniz: [806-468-5816](tel:806-468-5816) • [Maira.Argomaniz@txpan.org](mailto:Maira.Argomaniz@txpan.org)

## 4. Mental Health Screening and Psychiatric/Caseworker Services

Texas Panhandle Centers (TPC): [806-337-1000](tel:806-337-1000) • 1501 S Polk St, Amarillo, TX 79101

## 5. Affordable Counseling (sliding scale fee)

Family Support Services: [806-342-2500](tel:806-342-2500) • 7136 I-40 Frontage Rd, Park West Bldg. B, Amarillo, TX 79106

## 6. Free Medical Clinic (including dental and mental health)

Heal the City: [806-231-0364](tel:806-231-0364) • 609 S Carolina St, Amarillo, TX 79106  
Regence Health Network: [806-374-7341](tel:806-374-7341) • 3113 Ross St, Amarillo TX 79118  
Northwest J.O. Wyatt Clinic: [806-351-7200](tel:806-351-7200) • 1411 E Amarillo Blvd, Amarillo 79118

## 7. Alcohol and Drug Abuse Help/Support

Cenikor: Local Inpatient and Outpatient Rehab Facility • [806-350-2723](tel:806-350-2723) or [1-888-236-4567](tel:1-888-236-4567) • 1001 Wallace Blvd, Amarillo, 79106  
Local Alcoholic Anonymous (AA) Meetings: Go to <http://nwta66.org> for meeting list • 24hr help line: [806-373-4600](tel:806-373-4600)  
My Next Step: Intensive Outpatient Substance Abuse • [806-452-8006](tel:806-452-8006) • 6500 Canyon Dr, Ste 200, Amarillo, TX 79109  
Faith City Mission: [806-373-6402](tel:806-373-6402) • 401 SE 2<sup>nd</sup> Ave, Amarillo, TX 79101  
West Texas Counseling and Rehab (Methadone Clinic): [806-373-0062](tel:806-373-0062) • 2300 Line Ave, Amarillo, TX 79106

## 8. Free Legal Help

Legal Aid of Northwest Texas: Amarillo Petroleum Building • [806-373-4309](tel:806-373-4309) • 203 SW 8<sup>th</sup> Ave, Ste 600, Amarillo, TX 79101

## 9. Free Mental Health or Social Support Services for AISD students (at school or in your home)

Student and Family Advocates: [806-326-2057](tel:806-326-2057)

## 10. Free Peer-Support Programs with Social/Educational Activities

Amarillo Mental Health Consumers Agape Center: Free support groups, classes, activities • [806-373-7030](tel:806-373-7030) • [www.aamhc.us](http://www.aamhc.us) • 1401 S Polk St, 4<sup>th</sup> Floor (inside Polk St. United Methodist Church), Amarillo, TX 79101  
The Hope and Healing Place: For those who have lost loved ones • [806-371-8998](tel:806-371-8998) • 1721 S Tyler St, Amarillo, 79102

## 11. Free Peer Support Specialist, Support Groups, and Classes

Texas Panhandle Centers (TPC) Respite Center: [806-351-3268](tel:806-351-3268) • 2002 Hardy St, Amarillo, TX 79106

## 12. Housing Help

Amarillo Housing First: [806-414-2243](tel:806-414-2243) (for the homeless)  
Downtown Women's Center: [806-372-3625](tel:806-372-3625)  
Texas Panhandle Centers: [806-371-7716](tel:806-371-7716)  
Housing and Urban Development: [806-342-6154](tel:806-342-6154) or [806-372-2531](tel:806-372-2531)

## 13. Help Getting a Job with Supportive Employers

Texas Workplace Solutions Vocational Rehabilitation Services: [806-351-3833](tel:806-351-3833) • 5809 S Western St, Ste 255, Amarillo, TX 79110

## 14. Free Support Groups/Classes for Those with Mental Illness and Family Members/Loved Ones

NAMI (National Alliance on Mental Illness) Texas Panhandle: [806-570-7356](tel:806-570-7356) or [806-678-7385](tel:806-678-7385) • 1401 S Polk St, Room 105 (inside Polk St. United Methodist Church) • [NamiTexasPanhandle@gmail.com](mailto:NamiTexasPanhandle@gmail.com) • [www.NamiTexas.org/Nami-Texas-Panhandle](http://www.NamiTexas.org/Nami-Texas-Panhandle)  
The Depression and Bipolar Support Alliance: 1<sup>st</sup> Monday of the month, 7-8 PM • [Barbara.Whitton@gmail.com](mailto:Barbara.Whitton@gmail.com) • Lowndes Hall St Andrews Church, 1601 S Georgia St, Amarillo, TX, 79102

For a comprehensive list of mental health and substance resources in the Texas Panhandle:

[www.PanhandleMentalHealthGuide.org](http://www.PanhandleMentalHealthGuide.org)

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