

AGENCIES FOR ASSISTANCE				Updated 04/28/2026 -- (Dial 211 for referrals to all agencies)
CHILD CARE				
Child Care Partners	119 E Wichita St.	940-766-4332	Offers child care services on a sliding scale. Multiple centers with varying hours. childcarewfb.org	
Southeast Boys and Girls Club	3301 Armory Rd.	940-322-7769	Offers care for children ages 6-18 for \$12/year per child. Monday-Friday 3pm-8pm when school in session. Monday-Friday 8 am - 5 pm summer hours. Other locations available. bgcwfb.org/join	
Workforce Solutions Child Care	4309 Old Jacksboro Hwy, Suite 300	940-723-8774	Offers scholarships to assist with the cost of child care. Parents must be working, in a job training problem, or attending school at least 25 hours/week for a one-parent household or 50 hours/week for a two-parent household. Monday-Friday 8 am - 5 pm. List of local child care providers is available at website. https://ntxworksolutions.org/child-care-parent/	
A list of child care centers in Wichita County can be found at https://livewellwichitacounty.com/programs/?category=1346				
CLOTHING				
Faith Mission Clothing Ministry	1205 Lamar St	940-723-5663	Vouchers for clothing and shoes for all ages and genders. You must have a form of ID for each person needing clothes. Monday-Friday 10 am - 12 pm.	
Faith Resale Store	4502 Old Jacksboro Hwy	940-766-0705	Monday-Saturday 10 am - 6 pm	
Faith Resale Store	2708 Southwest Pkwy #107	940-264-0706	Monday-Saturday 10 am - 6 pm	
Goodwill Store	4609 Southwest Pkwy	940-689-0734	Monday-Saturday 10 am - 7 pm, Sunday 1 pm - 6 pm	
Salvation Army	403 7th St	940-322-9822	Must have an ID and proof of income for clothing voucher assistance. Mon, Tue and Thur: 9:00 am – 11:00 am	
Salvation Army Thrift Store	700 Lee St		Tuesday-Friday 10 am - 5 pm, Saturday 10 am - 3 pm	
Sonshine House	912 Broad St		Assistance is available to households 6 times per year - 12 times in a lifetime. Open on Tuesdays from 1:30-4:00 pm Sonshine House does not have a phone number but questions may be directed to Faith Village Church of Christ at 940-692-0032.	
COUNSELING / LIFE SKILLS				
Community Healthcare Center	200 Martin Luther King Jr Blvd	940-766-6306	Focused intervention counseling for mental health concerns, weight management, smoking cessation, alcohol/drug abuse, chronic pain or illness management, and children's behavioral issues. Sliding fee scale based on family size and income, regardless of insurance status. Currently accepting new patients only if they are ages 20 and under; 65 and older; or pregnant women. chcwfb.com/behavioral-health-counseling/	
Helen Farabee Adult Behavioral Health Services	500 Broad St	940-397-3300	Offers services specially designed to meet the needs of persons with behavioral health issues or major mental illnesses. Accepts Medicare, Medicaid, and most forms of private health insurance. For persons who are not eligible for health coverage, fees will be assessed on the basis of proof of the individual's complete income, with no one being denied services due to an inability to pay.	
Helen Farabee Child and Adolescent Services	516 Denver St	940-397-3300 940-720-3500	Offers services for eligible youth ages 3-17, Monday-Friday except holidays. Accepts Medicare, Medicaid, and most forms of private health insurance. For persons who are not eligible for health coverage, fees will be assessed on the basis of proof of a family's complete income, with no one being denied services due to an inability to pay. https://www.helenfarabee.org/home/child-adolescent-services/	
Hospice of Wichita Falls	4909 Johnson Rd	940-691-0982	Grief counseling and resources for all ages. Free. howf.org/grief-support/	
Midwestern State University Psychology Clinic	O'Donohoe wing of the Prothro-Yeager Hall off Council Dr on the MSU campus	940-397-4791	Provides confidential psychotherapy and assessment for adults, adolescents, children, and families in the greater Wichita Falls area. Fees are based on the ability to pay. No insurance is accepted. For MSU students, faculty, staff, and their family members, psychotherapy services are free of charge. For the community, fees range from \$5.00 to \$25.00 for psychotherapy. Open Monday-Friday, closed when MSU is closed. Sessions by appointment only. Emergency or crisis services not provided.	
Red River Hospital	1505 8th St	855-664-2017	Ages 12 and up. Inpatient and outpatient programs addressing mental illness and drug and alcohol addiction. Accepts all major managed care insurance plans, Medicare, and CMO Medicare (Amerigroup, Cenpatco, Wellcare). Open 24/7, walk-ins welcome.	
Straight Street	1100 Indiana	940-716-9898	"Mission: to provide a safe Christian environment where at-risk youth aged 11-18 can obtain the necessary skills and training needed to mature and discover God's divine plan for their lives." Helps teens "in the areas of physical, emotional, intellectual and spiritual needs" and "provide food, clothing, hygiene products, counseling, help with schoolwork, and assistance in emergency situations." Free or cost is based on income. https://www.straightstreettx.org/	

STARRY Counseling Services	807 8th St Suite 918	940-386-9546	Office hours Monday -Thursday 9 am - 5 pm, Friday 9 am - 12 pm. Friday 12 pm - 5 pm by appointment only. Provides free short-term individual, group, and family counseling services for a variety of challenges and issues for children ages 6 to 17 years and their families. Counseling covers divorce, grief, trauma, family conflict, behavioral issues, school challenges, depression, anxiety, ADHD, and more. Parenting classes also available. Free or cost is based on income. Call or e-mail info.wichitafalls@starry.org https://starry.org/location/wichita-falls/
Taft Counseling Center		940-691-1899	All ages. Offering individual, couples, family, and group therapy. Sliding fee scale, accepts most insurance.
DIAPERS			
Diaper Chest, Interfaith Outreach Services	1101 11st St	940-322-1365	Monday - Thursday 9 am - 2 pm. Clients may receive diapers and wipes once every 30 days.
GROCERIES			
Grocery Cart Program		940-761-7433	For individuals 60 years of age and older or with a certified disability. A Falls Ride bus equipped with a wheelchair lift will pick up passengers at their residence, take them to Wal-Mart, and return them to their home approximately one hour later. Call to schedule a ride the day before. Service fee of \$3.00 round trip. For routes and details visit https://www.wichitafallstx.gov/1402/Transit-Services
Interfaith Ministries Food Pantry	1101 11th Street	940-322-1365	Food pantry is opened Monday through Friday 9:00 – 10:45am and Monday, Tuesday, and Thursday from 1:00 – 2:45pm. To receive food from this pantry, you can only be receiving \$100 or less in food stamps.
Sonshine House	912 Broad St		Tuesdays 1:30 pm – 4 pm. Sonshine House does not have a phone number but questions may be directed to Faith Village Church of Christ at 940-692-0032.
For a complete list of food pantries/grocery assistance, please ask for a flyer at the Information Desk or go to https://www.wfabf.org/pantrylisting			
HOT MEALS			
Faith Mission	1300 Travis St	940-723-5663	3 meals per day, 365 days per year, bring ID. Meals are served at 7 am, 12:30 pm, and 8 pm.
Faith Refuge	710 E Hatton Rd	940-322-4673	3 meals per day, 365 days per year--women and children only, bring ID. Breakfast at 6 am Sunday-Friday, 8 am Saturday. Lunch at 12 pm and dinner at 6:30 pm daily.
Homeless Lives Matter	912 Burnett	940-605-6211	Provides assistance with food through community meals and sack lunches. Call or email homelesslivesmatter@yahoo.com for details or if you are in need.
Kids Café	Various locations	940-766-2322	Hot meals provided after school five days a week to children ages 18 and younger. Summer food service programs available. For locations and details call, or go to https://www.wfabf.org/childrens-programs
Meals On Wheels		940-322-6232	Available for homebound individuals 60 years or older with no limitations on income or resources, and 18 years or older with limited income that are unable to prepare a nutritional meal. Hot meals delivered Monday - Friday, with two shelf-stable meals provided for the weekend. Must sign up via phone or at https://www.mowwc.org/get-meal
Salvation Army	403 7th St	940-322-9822	Free lunch is provided from 12:00 - 12:15pm Monday through Friday
The Green Door	1101 Smith St, in the Martin Luther King Center	940-766-1142	Lunch served 11:30 am – 12:30 pm Monday through Friday. Age 60 and up - suggested donation of \$3 per meal. Age under 60 - \$6.25 per meal. Free activities periodically available for participants ages 60 and up.
The Red Door	1000 Burnett St	940-322-6232	Lunch served 11:30 am – 12:30 pm Monday through Friday. Call the day before to make a reservation. Age 60 and up - suggested donation of \$3 per meal. Age under 60 - \$6.25 per meal. Free activities and classes periodically available for participants ages 60 and up.
HOTLINES AND HELPLINES			
Crisis Text Line		741741	Text HOME or HOLA or CONNECT to 741741. Trained volunteers can give support on many topics, including gun violence, anxiety, suicide, depression, eating disorders, emotional abuse, self-harm, loneliness, and more. Available 24/7. Chat available at https://www.crisistextline.org/
First Step 24/7 Hotline		1-800-658-2683	24-hour toll-free crisis line for victims of domestic violence and sexual assault
LGBT National Hotline		888-843-4564	Offers LGBTQIA+ youth and adults assistance with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems, and more. Chat available at https://lgbthotline.org/chat/ . Chat and hotline available 1 pm - 10 pm Monday-Friday and 11 am - 4 pm Saturday.
MHAst Warm Line		607-240-7291	The Warm Line, a program by and for mental health consumers, is a service for people who need support and human contact, but don't need a crisis line or hotline. Phone calls are answered by certified peer specialists. Help available 24/7.

National Council on Problem Gambling		1-800-MY-RESET	Or text 800GAM. Assistance for people struggling with, or whose loved ones have, a gambling problem. Available 24/7. Caller translation services available in more than 240 languages. Visit ncpgambling.org for more information, including services and resources. Chat available at ncpgambling.org/chat
National Domestic Violence Hotline		1-800-799-7233	Or text START to 88788. 24/7 assistance. Chat and AI chat available at https://www.thehotline.org/
National Runaway Safeline		1-800-786-2929 1-800-RUNAWAY	Helps youths in crisis. Can provide youths age 12-21 who self-identify as homeless, runaway or a victim of human trafficking with a ticket home, or to an alternative living arrangement, at no cost. Call or text. Forum and live chat available at 1800runaway.org/
National Suicide Prevention Lifeline		988	Available 24/7, call or text. Help available in English and Spanish. Videophone services available for users who are deaf or hard of hearing and primarily use ASL to communicate. Provides suicide prevention and mental health crisis care. Chat available at 988lifeline.org/chat
Rape Abuse and Incest National Network (RAINN)		800-656-HOPE 800-656-4673	Or text HOPE to 64673. The nation's largest anti-sexual violence organization provides help from trained support specialists. Chat available at https://rainn.org/help-and-healing/hotline/ . Smartphone app available.
Texas Youth Helpline		1-800-989-6884	24/7 help via call, text, or chat. Provides free, confidential services to youth and families in crisis. https://www.dfps.texas.gov/youth-helpline/
HOUSING (RENT/REPAIRS)			
Christmas in Action	1113 Sheppard Access Rd	940-696-9393	Free home repairs for low-income elderly, disabled, and veteran homeowners in Wichita County. Must submit application at http://www.christmasinactionwftx.org/application.aspx
Habitat for Humanity	1206 Lamar St	940-716-9300	Provides home construction to families in need. Homebuyers help build their own homes and pay an affordable mortgage. Preliminary application available at https://www.habitatwf.com/
Interfaith Outreach Services	1101 11th St	940-322-1365	May be able to assist with rent, mortgage, and deposits. Must provide contact information for your landlord for rent assistance.
Minor/Emergency Repair Program	1300 7th St	940-761-7448	Monday-Friday, 8am -5 pm. Performs certain limited repairs on single family, owner-occupied homes of qualified low-moderate income applicants, in the form of a grant to the homeowner. Call or visit for qualification information.
Weatherization Assistance	807 8th St Suite 300	940-723-2261 877-804-7372	Assists economically disadvantaged individuals, particularly the elderly and disabled, to promote a more comfortable healthy environment, conserve energy and reduce high utility. For more information and to apply go to https://rollingplains.org/rolling-plain-programs/weatherization-assistance/
LANGUAGE AND LITERACY			
Region IX Education Service	301 Loop 11	940-322-6928	For English lessons, call first, or e-mail adulted@esc9.net
Wichita Adult Literacy Council	2301 Kell East Boulevard Suite 218	940-766-1954	Free help for adults in need of basic literacy skills.
LEGAL ADVICE			
Legal Aid of Northwest Texas	710 Lamar St., Suite 300	940-723-5542	Works to ensure equal access to justice by providing free civil legal services to low-income individuals and families. For landlord-tenant issues call 855-548-8457
Texas Bar Lawyer Referral & Information Service (LRIS)		(800) 252-9690 (Toll Free)	Will help clients find a lawyer or other resource that best matches their legal needs and financial means--the referred lawyer will provide a 30 minute consultation for no more than \$20. Call Monday - Friday, 8:30 am to 4:30 pm, or visit www.texasbar.com/selfservice at any time. The call-in service is closed on legal holidays. Se habla Español.
Texas Law Help			texaslawhelp.org For Texas residents; available in English and Spanish. Provides information on common law topics, self help guides, and resources for finding free or low-cost legal aid. Hotline available Monday – Friday 8:30 AM – 5:00 pm
For additional legal hotlines, please visit https://guides.sll.texas.gov/legal-help/hotlines			
MEDICAL & PRESCRIPTION			
Community Healthcare Center	200 MLK Blvd	940-766-6306	A primary care medical, dental, and counseling clinic offering a range of services, including Pediatrics, Women's Health Services, Family Medicine, Dental, Behavioral Health Counseling, and Walk-In Clinic. Has support services including lab, x-ray, and pharmacy. Accepts insurance, including Medicare, Medicaid, CHIP, most STAR plans, and most private insurances. Offers a sliding fee discount based on family size and income, regardless of insurance status. Financial assistance programs are available for uninsured and underinsured adult and pediatric patients. Medical Services 7:45 AM - 4:45 pm Monday-Friday (closed 12 pm - 1 pm) and Saturday 8:30 am - 12 pm. Pharmacy 8 am - 4:45 pm (closed 12 pm - 1 pm), Monday-Friday Call for more information on additional hours or locations and Assistance Programs.

Catholic Charities Fort Worth, Northwest Campus	907 Holliday St.	940-716-9669	Connects uninsured/underinsured clients to one-time subsidized healthcare services to detect and treat illness at the earliest stages. Clients may also receive case management services. For more information contact intakedesk@ccdofw.org https://catholiccharitiesfortworth.org/northwest-campus/
Interfaith Outreach Services	1101 11th St	940-322-1365	Prescription cost assistance for residents of Wichita and Archer counties. Monday-Thursday, 9 am - 2 pm
MSU Gaines Dental Hygiene Clinic		940-397-4737	Low cost dental cleaning, fluoride application, dental radiographs, and adjunctive services. All treatment is provided by students under the supervision of the Clinical Teaching Staff. Several appointments may be needed to complete a patient's dental hygiene treatment. Appointment only; prompt attendance is required. https://msutexas.edu/academics/hs2/dental/services-offered.php
Salvation Army	403 7th St	940-322-9822	Prescription assistance only. Must bring ID.
Wichita County Human Services	600 Scott St., Suite 102	940-716-8535	Indigent care. Ask for an application packet at the Information Desk or go to https://wichitacountytx.com/download/indigent-application-packet/
MILITARY			
Red River Hospital Military & First Responder Program	1505 8th St	888-258-0009	The Military Resiliency Unit, or MRU, is a dynamic environment in which active-duty service members, military spouses and dependents, veterans, and first responders receive focused care for addictions and co-occurring mental health concerns. Services include detox, medical care, medication management, and individual, group, family, and experiential therapies. Free transportation services offered to and from care. Average MRU stay is 30 days but will vary based on patient needs. For details visit https://www.redriverhospital.com/programs/military/
Sheppard Air Force Base	709 9th Ave, Bldg 960 Sheppard Air Force Base	940-676-4358	Military and Family Readiness Center. dedicated to providing individuals, families, leadership, and retirees with services that strengthen the military community and promote self-sufficiency, mission readiness, military retention, and adaptation to the Air Force way of life. Monday-Friday, 7:30 am - 4:30 pm; Saturday 9 am - 4:30pm 82fss.com/military-family-readiness-center
PETS			
AniMeals		940-232-6232	For senior pet-owners only. Provides pet food. Call to register.
P.E.T.S.	3001 Central E. Freeway	940-723-7387	Full-service veterinary clinic. All services available by appointment Monday-Friday, 8:30 am - 5 pm. Walk-ins available for wellness services (services that do not require a veterinarian) Monday-Friday, 8:45 am - 3 pm and on the 3rd Saturday of each month from 9 AM - 12 pm. Clinic schedules may vary during holidays; please check on Google or Facebook for holiday hours.
SENIORS			
The Kitchen	1000 Burnett St	940-322-6232	Hub for Meals on Wheels, The Green Door, and The Red Door services for seniors. (See HOT MEALS section above for details)
North Texas Aging & Disability Resource Center	4309 Old Jacksboro Hwy Suite 200	940-234-1644 855-937-2372	Assists with long-term services and supports for older adults and people with disabilities. https://northtexasadrc.org/
Area Agency on Aging of North Texas	4309 Old Jacksboro Hwy Suite 200	940-322-5281 1-800-460-2226	Assists people age 60 and older, their family members and caregivers with locating and accessing community services. https://nortexrpc.org/area-agency-on-aging/
Texas Legal Services Center (TLSC) Legal Hotline		(800) 622-2520, option 3	Provides counsel and advice on certain civil (non-criminal) legal matters to Texans who are over the age of 60 or who are Medicare beneficiaries. Monday - Friday, 8:30 am - 5 pm except on holidays. tlsc.org/seniors
SHELTER			
Faith Mission	1300 Travis St	940-723-5663	Emergency shelter services including beds, showers, and meals. One dorm for men, another for students in the addiction recovery program. Sign in at 6 pm daily. Must have a form of ID.
Faith Refuge	710 E Hatton Rd	940-322-4673	Emergency shelter services including beds, showers, and meals. Separate dorms for women, women with children, and students in the addiction recovery program. Sign in at 5 pm daily. Must have a form of ID for yourself and each child.
First Step of Wichita Falls	624 Indiana Ave Ste 304 (Outreach Office)	940-723-7799	A 24-hour safe haven for victims of domestic and/or sexual violence. Includes food, clothing, transportation, information, referral to other community services, and assistance with taking the necessary steps to reclaim independence.
Salvation Army	403 7th St	940-322-9822	
SHOWERS			

DignitySOS		940-247-2414	Book a shower at https://www.dignitysos.org/book-online Weekly location at Spudder Park at 7th and Farris Street, near Tulsa Street. General access at 14th and Travis Street. For further details call or email at info@dignitysos.org
SUBSTANCE ABUSE			
Abilene Regional Council on Alcohol and Drug Abuse, Inc. (ARCADA)	2910 Kemp Blvd Ste 214	1-800-588-8728 940-224-6200	ARCADA serves Wichita County with outreach, screenings, assessments and referrals (OSAR) via the Helen Farabee Clinic Pyramid Center. They provide assistance with chemical dependency issues for individuals and their families, especially those who do not have insurance or a way to pay for treatment. OSAR Services are offered free of charge to individuals seeking treatment or referrals to other recovery support services, providing screenings, assessments, crisis intervention, motivational counseling, referrals to treatment, interim services, and follow-ups if needed. https://abirecovery.org/
Alcoholics Anonymous - Group One	5200 Old Jacksboro Hwy	940-322-6452	Open and closed meetings, seven days a week, at set times--please call for schedule details.
Alcoholics Anonymous - New Life Group	3100 Seymour Hwy, Suite #105	940-322-3213	Open and closed meetings, seven days a week, at set times--please call for schedule details. Ste 105 is located (3rd door to the right of the Texas Pardon and Parole Div. Office) in the 2nd row building BEHIND the front row of various business suites at 3100 Seymour Hwy (Fre-Mar Valley).
Helen Farabee Substance Use Services Outpatient Program		940-397-3391	For more information, please contact Brad Fisk, Program Administrator, (940) 397-3379 https://www.helenfarabee.org/substance-use/
Homeless Lives Matter		940-605-6211	https://www.homelesslivesmatter.org/ Distributes Narcan and provides Narcan training and rehabilitation services as they are available. Call or email homelesslivesmatter@yahoo.com for details.
Hope Center Ministries		1-833-697-1947	Non-profit organization operating a Christ-centered recovery program for alcoholics and addicts. Men's Centers in Wichita Falls and Vernon. Women's Center in Holliday. Call or visit hopecm.com
New Beginnings Addiction Recovery Program		Men's Program: 940-723-5663 Women's Program: 940-322-4673	New Beginnings is a 13-month residential addiction recovery/job readiness program. Participants live in semi-private, dorm-style rooms throughout the program. Family visits and off-campus passes can be earned by participants. The program is completely free of charge for all participants involved.
Oxford House - Men Only	4909 Big Bend Dr	940-867-5890 940-386-2361	A democratically run, self-supporting and drug free home representing an effective and low cost method of preventing relapse. Residents pay rent, utility and other household expenses. Vacancy information at https://www.oxfordvacancies.com/
SUPPORT GROUPS			
Hope for Mental Health	1301 10th St	940-235-7828	In-person every first and third Tuesday night, 6:30 pm - 8 pm. For information on online meetings please go to facebook.com/Hopeformentalhealth/
Hospice of Wichita Falls		940-691-0982	Multiple grief support groups available. For details visit https://www.howf.org/grief-support/
Veterans' Peer Support Services	306 Scott Ave (Travel Center Bus Station)	940-397-3315	For Veterans and their family members who are affected by Post-Traumatic Stress Disorder (PTSD), Military Sexual Trauma (MST) and Traumatic Brain Injury (TBI). Every Monday, 12pm-1pm. For more information call or email Elliot Bonner, Veteran Peer Coordinator, at bonnere@helenfarabee.org
UTILITIES			
Rolling Plains	807 8th St Suite 300	940-723-2261 877-804-7372	Must submit application and documentation. Apply by calling or visit https://rollingplains.org/rolling-plain-programs/utility-assistance/
Salvation Army	403 7th St	940-322-9822	
Catholic Charities Fort Worth, Northwest Campus	907 Holliday St	940-716-9669	Monday - Friday, 8 am - 5 pm catholiccharitiesfortworth.org/northwest-campus/
Interfaith Outreach Services	1101 11th St	940-322-1365	Monday - Thursday, 9 am - 2 pm. Please have your bills available with account numbers.
VETERANS SERVICES			
Catholic Charities Fort Worth, Northwest Campus	907 Holliday St.	940-716-9669	Assists veterans and active-duty military, along with their families, with access to resources, financial assistance, and coaching. catholiccharitiesfortworth.org/northwest-campus/ For more information contact veteranservicesnw@ccdfw.org
Texas Veterans Commission		1-800-252-8387	Phone hours Monday-Friday, 7:30 am - 5:30 pm. https://www.tvc.texas.gov/

Veterans' Peer Support Services	306 Scott Ave (Travel Center Bus Station)	940-397-3315	For Veterans and their family members who are affected by Post-Traumatic Stress Disorder (PTSD), Military Sexual Trauma (MST) and Traumatic Brain Injury (TBI). Every Monday, 12pm-1pm. For more information call or email Elliot Bonner, Veteran Peer Coordinator, at bonnere@helenfarabee.org
Wichita County Veterans Services Office	600 Scott Ave, Suite 203	940-716-8599	Monday - Friday, 8 am - 12 pm and 1 pm - 4 pm, walk-ins only. Assists veterans and their families in accessing federal and state benefit programs, filing disability compensation claims, survivor benefit claims, and providing information on available resources.
Wichita Falls VA Clinic	2600 Central Fwy, Suite 180	940-257-0000	8 am - 4:30 pm. Mental health services and telehealth available. Hours may vary for different services.