



Healthcare Resource Guide

Collin/Denton County

This guide is intended to be a free resource for residents of Collin/Denton County seeking healthcare resources based on publicly available information. MPACT For Mankind is not an affiliate of any group, company or organization listed in this guide. Information is subject to change, so please contact the resource to confirm services are available and the requirements to receive services.

Table of Contents:

- Dental Clinics: p. 2
- Medical Clinics: p. 3
- Pediatric Clinics: p.5
- Immunizations: p. 6
- Counseling: p. 7
- Food Pantries: p. 8

Dental Clinics

Community Dental Care - Farmers Branch

P: (972) 212-5399

Address:

13551 Dennis Ln
Dallas, TX 75234

•HOURS: Monday-Friday 8:00am-5:00pm

Serving East Dallas, Farmers Branch & Vickery Meadows

Services

Dental Exams/Dental X-rays/Dental Cleanings/Gum Treatments/Sealants/Fillings (all types)/Extractions/Crowns/Bridges/Partial Dentures/Full Dentures/Root Canals/Child Orthodontics/Pediatric Dental Services/Oral Cancer Screenings/Patient Oral Health and Preventive Education/Health Fairs

Insurances accepted

Medicaid/Childrens: DentaQuest, MCNA; CHIP
Medicaid/Adult: Molina
Delta PPO, Delta Premier
Wellcare, Assurant, Aetna, United Concordia

<http://communitydentalcare.org/>

Vcare Clinics

P: (972) 245-1200

Address:

1445 Mac Arthur Dr
Suite#122, Carrollton, TX 75007

•HOURS: Monday-Friday 9:00am-3:00pm & Saturday 9:00am-1:00pm

Walk ins welcomed

Offers Free program for uninsured kids

Services: Comprehensive Oral Evaluation/Dental X-Ray/Regular Cleaning – Children/Regular Cleaning – Adult/Fluoride Treatment/Full Mouth Detriment (FMD)/Scaling and Root Planning (Deep Cleaning)/Perio-maintenance/Oral Hygiene/Sealants/Tooth Colored Fillings/Crowns and Bridges/Root Canals/Extractions/Teeth Whitening/Night Guard/Flipper/Partial (Acrylic, Valplast, Metal)/Dentures

<https://www.vcareclinics.org/>

TWU Dental Hygiene Clinic

P: (940)898-2888

Address:

MCL 108
P.O. Box 425796
Denton, TX 76204-5796

•HOURS:

Fall Semester (September through November)

Mondays & Wednesdays 8:30am-10:30am and 1:15pm-3:15pm

Spring Semester (Mid-January through April)

Mondays through Wednesdays 8:30am-10:30am and 1:15pm-3:15pm
Thursdays only 1:15pm-3:15pm

Please print and complete these forms and bring them with you to your screening appointment.

<https://twu.edu/dental-hygiene-clinic/>

Medical Clinics

Premier Family Care LLC

P: 972)548-2711

Address:

1836 West Virginia Parkway,
Suite 100, McKinney,
TX 75069

Same Day Appointments Available

•HOURS: Monday-Friday 9:00am – 5:00pm Same Day Appointments Available

School Physicals / Immunizations / Blood Pressure / Diabetes / Minor Injuries / Well Woman Exams / Sick Visits / In-House Lab

Se habla Espanol

McKinney Family Planning Center

P: 214-491-1726

Address:

1406 N McDonald St, Ste C
McKinney TX, 75071-1826

•HOURS: Monday, Tuesday, Wednesday, Friday – 8:00am – 5:00pm/
Thursday – 9:00am-6:00pm

Call for information for free or low cost services

Community Health Clinic - Free Clinic

P: 972-547-0606

Address:

120 S Central Expy #102,
McKinney, TX 75070

Services

- Primary Care Diabetic Care
- Asthma/Allergies
- Women Wellness Exams
- Pediatric Care
- Some specialist are available
- School Physicals
- Prescription Assistance Programs (for our patients only)
- Health & Nutritional Classes
- Physical Therapy

<https://chc-mckinney.com/patients>

•HOURS:

Monday 8:30AM – 2:00PM

Tuesday 8:30AM – 2:00PM & Pediatric Walk-in
Clinic 5:00pm - 7:00pm

Wednesday 5:00 – 7:00PM by Appointment

Thursday 8:30AM – 2:00PM

Friday 8:30AM - 2:00PM

Saturday and Sunday closed

Patient Must bring the following documentation to their registration appointment.

Current picture ID with current address.

Current copy of utility bill, rent/mortgage statement or car/house insurance with name and street address. Proof of household income.

Health Services of North Texas at Collin County Center

P: (972) 834-2473

Address:
2540 K Ave #500
Plano, TX 75074

Call or go online to schedule appointment

•HOURS: Monday-Friday 8:00am-5:00pm/closed for lunch from 12:00pm-1:00pm

Services

Primary Medical Care for the Entire Family, Women's Health including Well Woman Exams and Preventative Care, Diabetes Care, Hypertension & More

https://www.healthntx.org/index.php/locations/collin-county-medical-center/?utm_source=GMBSocialClimb&utm_medium=HealthServicesofNorthTexasatCollinCountyCenter

Primary Care Clinic of North Texas

P: (972) 221-6005

Address:
570 S Edmonds Ln
Suite#111
Lewisville, TX 75067

Monday- Friday 8:30am-12:30pm & 1:00pm-5:00pm

Services

Offer Primary care, Arthritis and Lupus care

Visit website for pricing on services offered
<https://www.primarycareclinic.org/services#arthritis-clinic>

Vcare Clinics

P: (972) 245-1200

Address:
1445 Mac Arthur Dr
Suite#122
Carrollton, TX 75007

•HOURS: Monday-Friday 9:00am-3:00pm & Saturday 9:00am-1:00pm

Walk ins welcomed

Offers Free program for uninsured kids

Services: Acute (emergency) infections/Arthritis/High blood pressure/Diabetes/High cholesterol/Heart disease (cardiac respiratory)/Dermatology (skin problems)/Gastrointestinal and stomach ailments/Urinary infections/Muscle and bone ailments/Asthma treatment (spirometer testing and nebulizer treatments)/Ear irrigation and wax removal/Wart removals/Skin tag removals/Laceration repair/Suture removals/Menstrual Problems/Incision and drainage of abscesses/And many other medical problems

<https://www.vcareclinics.org/>

First Refuge Ministries

P: (940)484-4384

Address:
1701 Broadway St,
Denton, TX 76201

Must call for appointment

Qualifications: Come into the office, fill out all the paper work, and have required documentation in hand before an appointment will be scheduled. Must live in Denton County. Have no personal insurance or a high deductible such as \$5,000. or more. Have Medicaid or Chips and be unable to find health care provider who accepts these insurances.

The following documents are needed:

Proof of income: last pay stub, SSI eligibility letter, etc. Proof of residency: lease, mortgage coupon, or a current utility bill in your name. Driver's license or picture ID. Proof that children reside in your household: birth certificate, Medicaid cards, report cards/current school records, or immunization records

<https://firstrefugeministries.org/contact-us>

Pediatric Clinics & Services

*Note: Most medical clinics listed above provide medical services for both adults & children. Please call in advance to confirm.

Wylie Children's Medical Clinic

P: (972)801-9689

Address:
1407 14th Street
Plano, TX 75074

•HOURS:

Monday – Friday 8:00am to 5:00pm (**closed for lunch from 12:00pm-1:00pm**)

Services

Comprehensive Pediatric Care /Sick and Urgent Visits/Onsite Lab and In-house Testing/Immunizations/Well Child Visits/Sports Physicals/Care Management/Health Education/Bilingual Staff/Prescription / medication assistance/Immunizations

HSNT accepts the following insurance plans and offers and **sliding fee scale based on income:**
Medicare /Medicaid/Aetna/Ambetter/BCBS/Cigna/United Healthcare/Multiplan

<https://www.healthntx.org/index.php/locations/wylie-childrens-medical-clinic/>

Health Services of North Texas at Collin County Center

P: (972) 834-2473

Address:
2540 K Ave #500
Plano, TX 75074

Call or go online to schedule appointment

•HOURS: Monday-Friday 8:00am-5:00pm/closed for lunch from 12:00pm-1:00pm

Services

Primary Medical Care for the Entire Family, Women's Health including Well Woman Exams and Preventative Care, Diabetes Care, Hypertension & More

https://www.healthntx.org/index.php/locations/collin-county-medical-center/?utm_source=GMBSocialClimb&utm_medium=HealthServicesofNorthTexasatCollinCountyCenter

Immunizations

Denton County Public Health

P: (940) 349-2900

Address:

535 S Loop 288
Suite#1003
Denton, TX 76205

Walk-in only with limited time slots available:

Monday, Wednesday, Thursday 7:00 am – 11:30am & 1:00pm – 4:30pm
Tuesday 7:00am– 11:30am & 1:00pm – 5:30pm
Friday 7:00 am – 11:30 am

Visit pricing online and required items for children and adults

<https://dentoncounty.gov/Departments/Health-Services/Denton-County-Public->

First Refuge Ministries

P: (940)484-4384

Address:

1701 Broadway St,
Denton, TX 76201

Call for hours or visit online to fill out an email with any questions.

The following documents are needed:

Proof of income: last pay stub, SSI eligibility letter, etc. Proof of residency: lease, mortgage coupon, or a current utility bill in your name. Driver's license or picture ID. Proof that children reside in your household: birth certificate, Medicaid cards, report cards/current school records, or immunization records

<https://firstrefugeministries.org/contact-us>

Counseling

ADAPT Mobile Crisis Team

P: 1-866-260-8000

Free mental health mobile team available 24/7 for residents in the Dallas and surrounding counties. Will come on site to assess clients and can make referrals for counseling, mental health and substance abuse providers.

Crossroads Family Services

P: (972)578-2802

Address:

2600 Avenue K
Suite #140
Plano, TX 75074

•HOURS:

Monday- Friday 8:00am-5:00pm

Services

Individual, Couple and Family Counseling Children and teen counseling/Teen support groups/Minor in Possession program/Tobacco Awareness program/Truancy program/Anger management/Crime victims assistance program/Play therapy/Community presentations/ Bilingual counselors available

<https://www.crossroadsyfs.org/>

Lifepath Systems

P: 972-422-5939
OR
(844) 544-5939

Address:
7308 Alma Dr,
Plano, TX 75025

•HOURS:

Monday- Friday 8:00am - 5:00pm

LifePath Systems Behavioral Health offers a wide variety of services to meet your individual needs. Visit website for more details

Child & Family Guidance Center

P: (214)751-3932

Address:
4031 W Plano Pkwy
Suite #211, Plano, TX 75093

•HOURS:

Monday- Friday 8:00am - 5:00pm.

Mental Health Services

Psychiatric Evaluations & Medication Management
Individual Screenings & Counseling
Community-based Rehabilitation Services for Adults
Skills Training for Children
Case Management,
Comprehensive Telemedicine & Telehealth

<https://www.childrenandfamilies.org/>

Journey of Hope Grief

P: (972) 964-1600

Address:
3900 W 15th St #306
Plano, TX 75075

Call for hours of operation

Services

Bereavement Support for Families
School Bereavement Support and Community Bereavement Support
Workplace Bereavement Support
Professional Training

<https://johgriefsupport.org/>

Suicide Prevention Hotline

P: 1-800-273-TALK
OR 972-422-7233

24-hour crisis hotline for children

Victims Outreach

P: (214)358-5173

Supports victims of crime and violence to survive, heal and thrive.

Counseling, Navigating the Criminal Justice System, Training

Food Pantries

LifeSource, Inc

P: (972)633-0165

Address:

1815 West 15th Street
Plano TX

(Collin County Only) Must call for more information

God's Pantry

P: (972) 633-9777

Address:

3420 14th St #101
Plano, TX 75074

•HOURS:

Monday, Wednesday, Friday CLOSED

Tuesday, Thursday, Saturday 10:00AM-1:00PM

<https://godspantryplano.org/>

Plano Food Pantry

P: (214) 704-5689

Address:

2200 18th St, Plano
TX 75074

•HOURS:

Wednesday 6:00pm OR Saturday 8:30am

<https://www.holynativity.org/food-pantry/>

Caring and Sharing

P: (214)342-6040

Address:

4500 S Cockrell Hill Rd,
Dallas, TX 75236

Serves Zip Codes 75238 and 75243 only, Must call for more information

Community Food Pantry

P: (972)547-4404

Address:

307 Smith Street
McKinney, TX 75069

•HOURS:

Monday-Friday 1:00pm-3:00pm

Please bring your Social Security number and picture ID with you.

<http://www.community-foodpantry.org/index.html>

**Frisco Family
Services Center**

P: (972) 335-9495

Address:
9085 Dogwood St
Frisco, TX 75033

•HOURS:

Monday, Tuesday, Thursday, Friday 9:00am-5:00pm

Wednesday 9:00am-6:00pm

<https://friscofamilyservices.org/needhelp/what-we-do.html>

**NTX Community
Food pantry**

P: (214) 505-1928

Address:
5201 S. Colony Blvd.
SUITE 650
The Colony, TX 75056

•HOURS:

Monday and Wednesday 9:00am-12:00pm

Thursday 4:30pm- 6:30pm

Closed Tuesday, Friday, Saturday and Sunday

Call for more details if needed

References

<https://files.meetup.com/6542512/Collin%20County%20Community%20Resource%20Guide.pdf>

https://www.needymeds.org/dental_clinics.taf?_function=state&state=TX