

# Resource List

## Substance Use

1. Innovation 360  
(214) 733-9565  
<https://i360dallas.com/>
2. University Behavioral Health  
(940) 539-4989  
<https://ubhdenton.com/>
3. Carrollton Springs  
<https://carrolltonsprings.com/substance-abuse-treatment/>

## Eating Disorders

1. Eating Recovery Center Dallas/Plano  
(469) 613-1722  
<https://www.eatingrecoverycenter.com>
2. Eating Disorder Solutions  
(833) 487-0077  
<https://eatingdisordersolutions.com>

## Suicidal Ideation

1. Carrollton Springs  
<https://carrolltonsprings.com/>
2. University Behavioral Health  
(940) 539-4989  
<https://ubhdenton.com/>
3. Haven Behavioral Hospital  
(469) 535-6785  
<https://www.havenfrisco.com>