

Do You Know Who to Call in a Crisis?



24-Hour Crisis Hotline 1-800-772-5987

Call to access local behavioral health or psychiatric emergency assistance.

- **24-Hour Crisis Intervention Hotline**
This hotline accepts crisis calls from or about persons experiencing a behavioral health crisis or refer to a higher level of care.
- **Other Crisis Services**
Crisis personnel may recommend crisis respite care, voluntary or involuntary inpatient hospitalization, substance abuse care, expedited outpatient services, or other care as appropriate.



Dial 2-1-1 for local information, referrals and community resources.

Good to know...

- 2-1-1 calls are going statewide, so callers may speak to 2-1-1 operators elsewhere, across the state of Texas.
- Callers and potential callers are encouraged to seek information by visiting 211texas.org, when possible.
- The “Find Help” tool is keyword guided and can filter by zip code.



Texas Department of
Family and Protective Services

It is natural to feel stress, anxiety, grief, and worry during and after infectious disease outbreaks. Everyone reacts differently, and your own feelings will change over time.

Notice, and accept, how you feel. Taking care of your emotional health during an emergency will help your long-term healing.

If you or someone you know is feeling stressed or overwhelmed, you may get support by accessing the COVID-19 Mental Health Support line at.

Texas Health and Human Services
COVID-19 Mental Health Support Line
Call the toll-free
COVID-19 Mental Health Support Line
833-986-1919
TEXAS Health and Human Services