

Help is here now

If you or someone you know is struggling or in crisis, help is available:

Call or text **988** or chat
988lifeline.org

Call SAMHSA's
National Helpline:
800-662-4357

Call Texas Youth Helpline:
1-800-989-6884

Dial **211** to locate Texas
mental health resources

Visit **TurnToSupportsTX.org**
for more resources and ways
to find help.



TEXAS
Health and Human Services

turn to