

Mental Health for all Texans

**1 in 5 people experience
mental illness each year.**

You are not alone.

Mental health concerns affect everyone
— children, veterans, retirees, adults,
students, teenagers and people
who are homeless.

Get help for yourself or a loved one today.

Crisis Text Line: 741741

**National Suicide Prevention Lifeline:
800-273-8255 ■ TTY: 800-799-4889**

Dial 211, option 8 ■ www.mentalhealthtx.org



Finding Help. Finding Hope.

For more information, contact MentalHealthTX@hhsc.state.tx.us



TEXAS
Health and Human
Services