

# Mental Health for all Texans

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

***You are not alone.***

Mental health affects 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 ■ [mentalhealthtx.org](http://mentalhealthtx.org)**



**Finding Help. Finding Hope.**

For more information contact [MentalHealthTX@hhsc.state.tx.us](mailto:MentalHealthTX@hhsc.state.tx.us)



**TEXAS**  
Health and Human  
Services