

Mental Health for all Texans

5 Know the five potential signs of mental illness

- 1 Personality change
- 2 Anxiety, anger or moodiness
- 3 Social withdrawal or isolation
- 4 Risky behavior or lack of self-care
- 5 Hopelessness or feeling overwhelmed

**Get help for yourself or
a loved one today.**

- Dial 211 • option 8
- Crisis Text Line: 741741
- National Suicide Prevention
Lifeline: 800-273-8255
TTY: 800-799-4889
- www.mentalhealthtx.org



Finding Help. Finding Hope.



TEXAS
Health and Human
Services