

Behavioral Health Awareness Quick Reference

Call 911 or your local law enforcement agency if you have an emergency or life-threatening situation that must be dealt with immediately.

Crisis Text Line: Text HOME to 7 4 1 7 4 1.

Available 24/7, this service provides free crisis support and information via text.

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Helpline: (800)662-HELP (4 3 5 7).

Available 24/7, the SAMHSA helpline is a confidential, free, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

National Alliance on Mental Illness (NAMI): (800)950-6264.

NAMI is a leading source of information and connection on mental illness for children and adults.

Crisis and Substance Use Helpline: (800)316-9241.

Available 24/7, the Center for Health Care Services' helpline is available in the event of a mental health crisis including suicidal or homicidal thoughts.

Suicide National Prevention Lifeline: (800)273-TALK (8 2 5 5).

Available 24/7, the Lifeline provides free and confidential support for people in distress, prevention and crisis resources for those in need and their loved ones.

Veterans Crisis Line: (800)273-TALK (8 2 5 5) and press "1".

Available 24/7, this hotline is available for veterans and their loved ones, or send a text message to 8 3 8 2 5 5 to receive confidential, free support and referrals.

National Hopeline Network: (800)442-HOPE (4 6 7 3).

Available 24/7, volunteers who staff this hotline are specially trained in crisis intervention to provide support, information, and referrals to people in need.

The Gay, Lesbian, Bisexual, and Transgender National Hotline: (888)843-4564.

This National Hotline provides confidential support, as well as factual information and local resources for members of the LGBTQ+ community.

The Trevor Project: (866)488-7389.

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people ages 13-25.

National Domestic Violence Hotline: (800)799-SAFE (7233).

Available 24/7, trained advocates are available to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

Rape, Abuse, and Incest National Network (RAINN): (800)656-HOPE (4673).

RAINN is the nation's largest anti-sexual violence organization. Help is available 24/7 via this confidential hotline.

National Child Abuse Hotline: (800)4-A-Child (800-422-4453).

Available 24/7, the Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. The confidential hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support services.

Texas Abuse Hotline: (800)252-5400.

This hotline is for urgent situations involving the physical welfare (abuse, neglect, exploitation) of a child, adult, or elderly.

Texas System of Care

This site is a comprehensive listing of lifeline and educational resources and awareness outlets.

<https://gallery.txsystemofcare.org/resources/>