



Office of the Texas Governor, Greg Abbott  
**Governor's Committee on  
People with Disabilities**

## **HHSC Statewide COVID-19 Mental Health Support Line**

The Texas Health and Human Services Commission (HHSC) has launched a statewide mental health support line to help Texans experiencing anxiety, stress, or other emotional challenges due to the COVID-19 pandemic. This resource offers support for all Texans and can be reached any time day or night at **833-986-1919**.

The line is operated by the [Harris Center for Mental Health and IDD](#), and offers trauma-informed support and psychological first aid to those experiencing mental health symptoms related to COVID-19. Counseling services are confidential and free of charge.

More information on mental health resources and your local mental health authority can be found on [HHSC's website](#).

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