

# State and National Resources

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

Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. This new resource offers COVID-19 related mental health support for all Texans.

People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.

## **Other Resources**

- **[Texas 2-1-1](#)**: Dial 2-1-1, option 8
- **[National Suicide Prevention Lifeline](#)**: Dial 800-273-8255 (800-273-TALK)
- **[Veterans Crisis Line](#)**: Dial 1-800-273-8255, option 1 or text 838255. Support for the deaf or hard of hearing should call 1-800-799- 4889
- **[24/7 Crisis Text Line](#)**: Text 741741
- **[The Trevor Project](#)** (LGBTQ suicide help): 866-488-7386 (text 202-304-1200 or [chat online](#))
- **[SAMHSA National Disaster Distress Hotline](#)**: Dial 1-800- 985-5990