

YOUR

# Mental Health

IS IMPORTANT!!

**WEATHERING THE STORM TOGETHER:  
MENTAL HEALTH RESOURCES AVAILABLE!**

## ADDITIONAL RESOURCES

- **Guidance Resources**
  - Call 1-855-378-7485
- **Veterans Crisis Line**
  - Dial 9-8-8, Option #1
- **Suicide Crisis Line**
  - Dial 9-8-8, Option #
- **24/7 Crisis Text Line**
  - Text TX to 741741
- **Texas 2-1-1**
  - Dial 2-1-1, Option #8
- **Disaster Distress Helpline**
  - 1-800-985-5990
- **The Harris Center for Mental Health & IDD**
  - 713-970-7000

*If you or a loved one is  
struggling with a mental  
health crisis, call  
1-800-662-HELP (4357).*



HOUSTON HEALTH  
DEPARTMENT

YOUR  
*Well-Being*

IS OUR PRIORITY!!

**We Protect the H!  
HHD Protects You!**

**ADDITIONAL RESOURCES**

- **Guidance Resources**
  - Call 1-855-378-7485
- **Veteran's Crisis Line**
  - Dial 9-8-8, Option #1
- **Suicide Crisis Line**
  - Dial 9-8-8, Option #
- **24/7 Crisis Text Line**
  - Text TX to 741741
- **Texas 2-1-1**
  - Dial 2-1-1, Option #8
- **Disaster Distress Helpline**
  - 1-800-985-5990
- **The Harris Center for Mental Health & IDD**
  - 713-970-7000

*We understand that the effects of Hurricane Beryl extend beyond physical damage. If you are experiencing stress, anxiety, or grief, or any mental health crisis, our EAP team is here to provide you with the resources and support you deserve.*

**Call 832-393-6510**



HOUSTON HEALTH  
DEPARTMENT