

**IN A MENTAL HEALTH EMERGENCY
THESE RESOURCES ARE AVAILABLE 24/7**

**Mental Health Suicide
and Crisis Lifeline:**

call or text 988

Houston Crisis Hotline:

(713) 970-7000

**National Domestic
Violence Hotline:**

(800) 799-7233 (SAFE)

**Crisis and Suicide
Prevention for LGBTQ
Youth:**

(866) 488-7386
or text 678678

Harris Mental Health:

(713) 970-7000

**Teen Mental Health
(Parents and Teens):**

(800) 989-6884

In a Medical Emergency:

call 911
