

Mental Health Hotlines and Text-Lines

Crisis hotlines provide support and assistance 24 hours a day.

****If you feel you are in immediate danger, please call 911 or go to your nearest emergency room.****

- **988 Suicide and Crisis Lifeline**: Call or Text 988 to connect with a trained counselor 24/7
- **2-1-1 Texas**: Call 2-1-1 or 1-877-541-7905, or visit website to chat.
- **Crisis Text Line**: Text "HOME" to 741741 to connect with a trained counselor 24/7
- **National Alliance on Mental Illness (NAMI) HelpLine**: Call 1-800-950-NAMI or text "HELPLINE" to 62640
- **Veterans Crisis Line**: Call 800-273-8255 or Text 838255
- **Disaster Distress Helpline**: Call 1-800-985-5990 or text TALKWITHUS to 66746
- **National Suicide Prevention Lifeline**: Call 1-800-273-TALK (8255)
- **Self-Harm Hotline**: Call 1-800-DONT CUT (1-800-366-8288)
- **Family Violence Helpline**: Call 1-800-996-6228
- **National Domestic Violence Hotline**: Call 800-799-SAFE (7233), Text START to 88788, or visit website to chat.
- **National Sexual Assault Hotline**: Call 800-656-HOPE (4673), or visit website to chat
- **The Trevor Project**: Call 866-488-7386, Text START to 678-678, or visit website to chat.
- **Texas Youth Helpline** Call or Text 1-888-804-5899, visit website to chat.
- **Child Help Hotline** Call 1-800-422-4453, Text HELP to 1-800-422-4453, or visit website to chat.