

24/7 Mental Health Support Line for COVID-19

Call Toll Free 833-251-7544

The Harris Center has activated a Mental Health Call Line to support our community during COVID-19. The purpose of the line is to provide trauma-informed support and psychological first aid to those experiencing stress and anxiety related to the COVID-19 event.

It is natural to feel stress, anxiety, grief, and worry during and after infectious disease outbreaks. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help your long-term healing.

If you or someone you know shows signs of stress for several days or weeks, get help by accessing Harris County's COVID-19 Mental Health Support Line at 833-251-7544

COVID-19 KeepSafe Connections

Harris Center for Mental Health and
IDD Mental Health Support Services
713-970-7000

Child Protective Services Child
Abuse Hotline
1-800-252-5400

HPD Non-Emergent #
713-884-3131

National Suicide Prevention Life
Line Mental Health Support
Services
1-800-273-8255

NeuroPsychiatric Center (The
Harris Center)
713-970-7070

HCSO Non-Emergent #
713-221-6000

Substance Abuse and Mental
Health Services Administration's
(SAMHSA)
800-985-5990, for Spanish press
option 2

Alcoholics Anonymous Support
Groups
713-942-4100

Online Resources:
Centers for Disease Control and
Prevention
<https://www.cdc.gov/>

The Trevor Project
LGBTQ+ Hotline
1-866-488-7386

Self-Assessment Tool
<https://checkforcorona.com/harris-county#/welcome>

National Domestic Violence Hotline
1-800-799-7233

Bay Area Turning Point
Rape/Sexual Hotline
281-286-2525

readyharris.org

Crisis Intervention of Houston
(CIH) Mental Health Support
Services
832-416-1177 or 832-416-
1199 (Teen)

Houston Area Women's Center
Domestic Violence/Sexual Abuse
Hotline
713-528-2121

hcph.tx.org

houstontx.gov/health

Translated Communication
Resources for COVID-19
<https://houstonemergency.org/covid19translated/>