

You are not alone.

Like physical health, mental health is very important. How we feel, act, make choices, deal with stress and connect with others is all affected by our mental health.

It's normal to experience anxiety, depression or other mental health issues now and then. But when continuing signs and symptoms cause frequent stress and affect your ability to function, a mental health concern may have become a mental illness.

Five signs of mental health issues:⁷

- Personality change
- Anxiety, anger or moodiness
- Social withdrawal or isolation
- Risky behavior or lack of self-care
- Hopelessness or feeling overwhelmed

Texas Health and Human Services programs provide support for people with mental illness and substance use disorders through:

- Education
- Crisis helplines
- Counseling
- Support groups
- Financial help

Know the 5 signs of mental health issues

- 1 Personality change
- 2 Anxiety, anger or moodiness
- 3 Social withdrawal or isolation
- 4 Risky behavior or lack of self-care
- 5 Hopelessness or feeling overwhelmed

Get help for yourself or a loved one today.

- Dial 211 • option 8
- Crisis Text Line: 741741
- Suicide Hotline: 800-273-8255
TTY: 800-799-4889
- www.mentalhealthtx.org

References

- ¹ National Institute of Mental Health
- ² Centers for Disease Control and Prevention
- ³ Substance Abuse and Mental Health Services Administration
- ⁴ NADD (National Association for the Dually Diagnosed)
- ⁵ The Spectrum Institute
- ⁶ Texas Traumatic Brain Injury Advisory Council
- ⁷ American Psychological Association

Mental Health for all Texans



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TEXAS
Health and Human
Services

Information and resources

Mental health issues can affect anyone — children, veterans, retirees, adults, students, teenagers, people who are homeless and people with disabilities — in any stage of life. These resources can help you find treatment and assistance for yourself or a loved one.

Children and Youth

- Half of all chronic mental illness begins by age 14.¹
- Suicide is the second leading cause of death for 10 to 24-year-olds.²

Find local help:

www.dshs.texas.gov/mhsa-crisishotline/

Crisis Text Line: 741741

Lifeline: 800-273-TALK (8255)

If you suspect abuse: 800-252-5400

Adults and Older Adults

- Suicide is the 10th leading cause of death in the US.³
- Nearly half of all nursing facility residents have a diagnosis of depression.³

Find local help:

www.dshs.state.tx.us/mhsa-crisishotline/

www.hhs.texas.gov/ADRC

If you suspect abuse: 800-458-9858

Mothers and Pregnant Women

- One in nine mothers experience depression after giving birth.²
- Postpartum depression often appears 1–3 weeks after childbirth but may begin during pregnancy or up to a year after birth.²

Find local help:

www.healthytexaswomen.org

People with Intellectual or Developmental Disabilities (IDD)

- An estimated 30 to 35 percent of people with IDD also have mental illness.⁴
- People with IDD experience trauma at much higher rates than people without IDD.⁵

Find local help:

www.hhs.texas.gov/ADRC

If you suspect abuse: 800-458-9858

Substance Use Disorder

- People with a substance use disorder may demonstrate impaired control, risky behaviors, health problems, or failure to meet major responsibilities at work, school or home.²
- More than 8 percent of the general population were diagnosed with a substance use disorder in 2014.²

Find local help:

www.dshs.texas.gov/mhsa-sa-help/

or 877-541-7905

Acquired Brain Injuries

- Brain injury is the leading cause of death and disability in all people under the age of 44.³
- Over 146,000 Texans each year sustain a traumatic brain injury.⁶

Find local help:

www.hhs.texas.gov/brain-injury

or 512-706-7191

Service Members, Veterans and their Families

- About 19 percent of returning service members have post-traumatic stress disorder, depression or a traumatic brain injury.⁷
- Nearly half of all service members who need help don't ask for it.²

Find confidential support:

www.veteranscrisisline.net or

www.militarycrisisline.net

The National Veterans Hotline:

800-273-8255 • option 1

The Texas Veterans App

