Mental Health for all Texans

1 in 5 people experience mental illness each year.

You are not alone.
Mental health affects everyone — children, veterans, retirees, adults, students, teenagers and people who are homeless.

Get help for yourself or a loved one today.

Crisis Text line: 741741
National Suicide Prevention Lifeline:
800-273-8255 ▪ TTY: 800-799-4889
Dial 211, option 8 ▪ mentalhealthtx.org


For more information contact MentalHealthTX@hhsc.state.tx.us

Source: Substance Abuse and Mental Health Services Administration, 2014