Mental Health for all Texans

Know the five potential signs of mental illness

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
- National Suicide Prevention Lifeline: 800-273-8255
  TTY: 800-799-4889
- www.mentalhealthtx.org