

# Mental Health for all Texans

## 5 Know the five 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](http://www.mentalhealthtx.org)



**Freedom From Stigma**



**TEXAS**  
Health and Human  
Services