

Texas Health and Human Services

No-Cost Virtual Support Groups for Frontline Workers in Texas

Frontline workers are experiencing an unprecedented amount of stress due to the COVID-19 pandemic.



Reach out to our COVID-19 Mental Health Support Line to speak to a caring responder 24/7.



If you identify yourself as a frontline worker, you can be referred to a virtual support group designed specifically for frontline workers. The virtual groups are facilitated by experienced mental health professionals from The Harris Center for Mental Health and IDD.



Call the COVID-19 Mental Health Support Line for more information:

1-833-986-1919



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