

Do you know who to call in a crisis?



24-Hour Mental Health Crisis Hotline

1-800-687-7581

Call to access local mental health or psychiatric emergency assistance.

- **24-Hour Crisis Intervention Hotline**

This hotline accepts crisis calls from or about persons experiencing a mental health crisis. Hotline workers will attempt to resolve the crisis or refer to a higher level of care.

- **Mobile Crisis Outreach Team**

In response to a crisis hotline call, staff may be sent to perform a mental health screening.

- **Other Crisis Services**

Crisis personnel may recommend going to the Extended Observation Unit, voluntary or involuntary inpatient hospitalization, substance abuse care, expedited outpatient services, or other care as appropriate.



South Plains

For local information, referrals and community resources.

Dial 2-1-1, Option 6 (or 877-570-9779) to speak to Department of State Health Services medical staff **for questions related to COVID-19.**

Good to Know...

- 2-1-1 calls are going statewide, so callers may speak to 2-1-1 operators elsewhere across the state of Texas.
- Callers and potential callers are encouraged to visit 211texas.org to seek information that way when possible.
- The website's "Find Help" tool is keyword guided and filters by zip code.



It is natural to feel stress, anxiety, grief and worry during and after infectious disease outbreaks. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help your long-term healing. If you or someone you know is feeling stressed or overwhelmed, get support by accessing the COVID-19 Mental Health Support Line at:

COVID-19 Mental Health Hotline

1-833-986-1919