

MENTAL HEALTH SERVICES FOR TEXAS FAMILIES

Now more than ever families may be in need mental health services and supports. We are already starting to see the shock from COVID-19 further exacerbate existing mental health needs in Texas. The ever-changing needs of the child and families in these uncharted waters only further complicates assuring services are provided. The challenges we are facing as a nation, as a community and as families are very real and changing daily. It is imperative that we come together to assure individuals are able to access services in our new normal of virtual visits and telehealth.

Personally, so many of us are feeling overwhelmed or stretched beyond capacity, it can be helpful to talk with someone during a time of crisis. What can we do to bring ourselves a bit of mental relief? Remember this is physical distancing, not social distancing. Call your family member or friend over your morning coffee. Furthermore, in order to care for others, we must continue to care for ourselves. Set goals, be flexible, try to focus on the positives and stay active. Most importantly don't be afraid to reach out and ask for help! Below we've listed Texas Specific as well as national support resources.

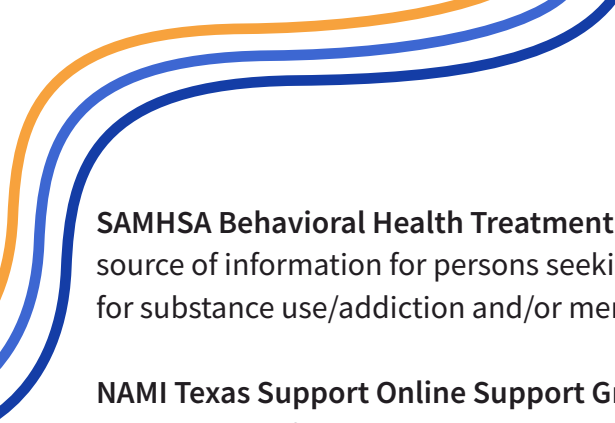
Mental Health Support Resources

HHS Statewide COVID-19 Mental Health Support Line: This resource offers COVID-19-related mental health support for all Texans. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.

Identify your local community mental health center, also known as a Local Mental Health Authority (LMHA), each provide services to designated counties. Local Mental Health Authority Crisis Numbers for all counties in Texas can be found [here](#) or dial 211 and ask for the Local Mental Health Authority in your area. All the Centers accept Medicaid and CHIP insurance.

HHS has a full array of services offered by LMHAs and local behavioral health authorities to help people manage mental illness including: Case Management, Pharmacological Management, Counseling (Cognitive Behavioral or Processing Therapy), Medication Training and Support, Psychosocial Rehabilitative Services, Skills Training and Development





SAMHSA Behavioral Health Treatment Services Locator: This is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems. findtreatment.samhsa.gov

NAMI Texas Support Online Support Groups: Support for people living with a mental health condition and family members and caregivers in Texas. These groups are for peers (Connection Support Group) and family members (Family Support Group). namitexas.org

Suicide Crisis Line: If you are thinking about suicide call 1-800-273-8255 (for TTY: 1-800-799-4889) to talk with someone 24/7.

Check out the TACFS [COVID-19 webpage](#) with news and resources to keep families and the child welfare community educated and informed. This includes latest news, federal and state resources, caregiver resources, and information for providers on differing oversight.

