

988 in Texas

<https://www.988texas.com/>

On July 16, 2022, 988 became the new national hotline for suicide prevention and mental health emergencies. Callers in crisis are now able to speak to a trained counselor at a certified call center in their state. A local crisis response team should be dispatched to help individuals who are in imminent danger to themselves or others.

The 988 system will include:

- *24/7 crisis centers — someone to talk to
- *mobile crisis teams — someone to respond
- *crisis stabilization programs — somewhere to go [1]

Congress passed the National Suicide Hotline Designation Act in September of 2020. Though a national suicide hotline has existed for years (1-800-273-TALK), the new three-digit number will be easier to remember and use. The bill requires states to implement the number by July 16, 2022.

In recent years, national attention has been given to the state of mental health care and lack of crisis response in the United States. 988 is a significant opportunity to change how we care for people with mental illness and substance use disorders in our communities. The goals of the program include decriminalizing mental health emergencies, providing life-saving services, and transforming the behavioral health crisis response system.[2]

SOURCES

[1] 988 Reimagining Crisis Response

[2] 988 Appropriations Report

Frequently Asked Questions

When should I call 988?

- Whenever you are seeking support for a mental health, suicide, or substance use crisis, you should call 988. 988 becomes available nationally on July 16th, 2022.

What happens when I call 988?

- You will hear a greeting message, and then your call will be sent to the closest Lifeline crisis center based on your phone number area code. A crisis counselor will then be there to support you. If the local center is experiencing a high call volume and is unable to take your call, your call will be routed to a national backup call center.

Can I text/talk to someone online?

- You are able to text 988 to receive support starting from the date 988 becomes available nationally, July 16th, 2022. You can also chat with a crisis counselor and receive support online through the National Suicide Prevention Line online chat portal.

Do I need to be insured to use 988?

- No insurance is necessary to call 988.[1]

[1] <https://www.samhsa.gov/find-help/988/faqs>

COMPARING 988, 911, & 211

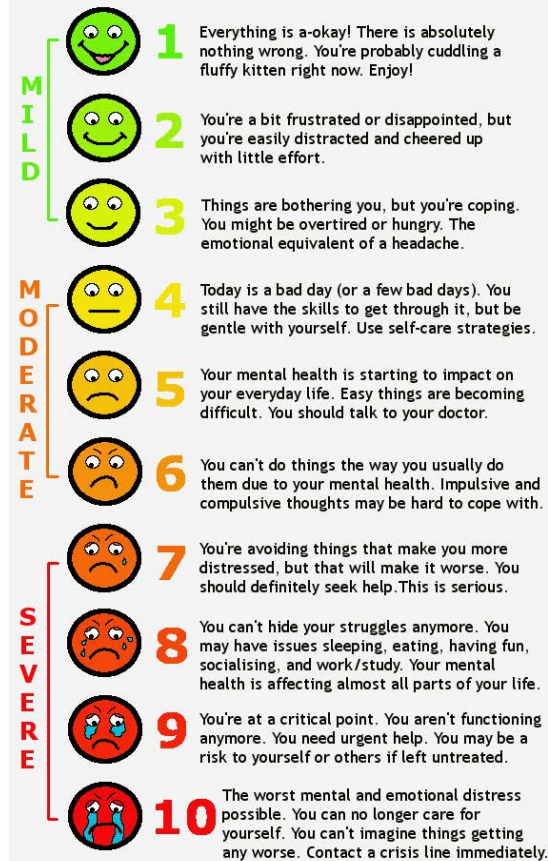
Understand the purpose of a crisis line and what to expect after you dial.
The newly established 988 mental health crisis line provides callers with a mental health professional and directs calls away from busy 911 operators.

988	911	211
Designated for mental health emergencies.	For all emergencies, including crisis.	Non-emergency number.
Callers will be able to talk to a mental health professional.	Callers are connected to police, fire department, or ambulance services.	Connects callers to local resources including food banks, shelters, and treatment options.
Mobile crisis teams available for dispatch.	First responders, usually police, have little mental health training.	Call centers do not specialize in suicide prevention or counseling.



A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com



BLACK MENTAL HEALTH RESOURCES

Black Lives Matter. Black Mental Health Matters.

We stand in solidarity with the Black community. As allies, we are present and listening. We see and acknowledge your pain, fear, anger, and anxiety.

See below for specific mental health support & resources for the Black community at this time.

For immediate text support, reach out to **The Crisis Text Line** by texting COALITION to 741741 to connect with a Crisis Counselor for free 24/7. You can also call **National Suicide Prevention Lifeline** at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe. Nacional de Prevención del Suicidio 1-888-628-9454

AAKOMA Project

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

<https://aakomaproject.org/>

Black Emotional and Mental Health Collective (BEAM)

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing.

<https://www.beam.community/>

Black Girls Smile

Black Girls Smile's mission is to empower young American women to take ownership of their mental health and stability.

<https://www.blackgirlssmile.org/>

Black Mental Health Alliance

Black Mental Health Alliance's mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

<https://blackmentalhealth.com/>

Black Mental Wellness

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

<https://www.blackmentalwellness.com/>

The Boris Lawrence Henson Foundation (BLHF)

BLHF's vision is to eradicate the stigma around mental health issues in the African-American community.

<https://borislhensonfoundation.org/>

Center for Black Women's Wellness (CBWW)

CBWW is a non-profit organization that provides free and low-cost services to empower black women, and their families, toward physical, mental and economic wellness.

<https://www.cbww.org/>

Eustress

Eustress raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

<https://www.eustressinc.org/>

Love Land Foundation

Love Land Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls.

<https://thelovelandfoundation.org/>

National Alliance on Mental Illness (NAMI)

NAMI's mission is to help families and individuals affected by mental illness build better lives through education, support and advocacy.

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>

National Organization for People of Color Against Suicide (NOPCAS)

NOPCAS was founded by suicide loss survivor, Dr. Donna Barnes, working to reduce the stigma of suicide prevention among communities of color through training and advocacy.

<http://nopcas.org/>

Pretty Brown Girls

Pretty Brown Girls is dedicated to educating and empowering girls of color by encouraging self-acceptance while cultivating social, emotional & intellectual well-being.

<https://prettybrowngirl.com/>

The Steve Fund

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

<https://www.stevelfund.org/>

The Trevor Project

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

<https://www.thetrevorproject.org/resources/black-and-lgbtq-approaching-intersectional-conversations/>

Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

<https://therapyforblackgirls.com/>

TherapyForBlackMen.org

TherapyForBlackMen.org is committed to the mental wellness of Black men and boys..

<https://therapyforblackmen.org/>

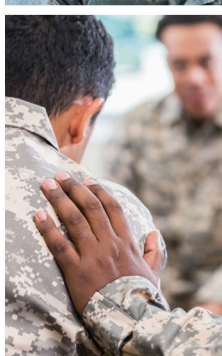
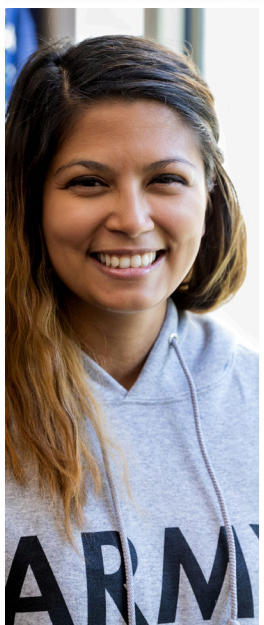
THE MENTAL HEALTH COALITION

www.thementalhealthcoalition.org



Resources to share with veterans and their families

This flyer contains useful resources that legislative and district staff can share with constituents who are service members, veterans and their families.



Mental Health Program for Veterans

This partnership of the Texas Health and Human Services Commission and Texas Veterans Commission funds peer service coordinators throughout the state. They are subject matter experts for resources and peer support for service members, veterans and their families and also provide community training. To find a coordinator in your area, visit milvetpeer.net/page/custompage_map.

Texas Veteran and Family Alliance Grants

These grants were created to improve the quality of life of Texas veterans and their families, and to expand the availability of, increase access to and enhance delivery of mental health services and treatments in local communities throughout Texas. To access this and other resources, visit mentalhealthtx.org/populations/veterans.

TexVet

The Mental Health Program for Veterans funds and administers the TexVet initiative, which includes a website hosted by Texas A&M Health Science Center with vetted, veteran-focused resources organized by county. To access, visit texvet.org.

Veterans Crisis Line

Veterans and families and friends of veterans can contact the national Veterans Crisis Line for help with a range of situations — from chronic pain to depression to disturbing combat memories. Options for deaf and hard of hearing are available.

Call: 800-273-8255, select option 1

Text: 838255

Chat, TTY: veteranscrisisline.net/get-help/chat

Veteran Emergency Contact Information:

Veteran in Crisis:

If a Veteran or anyone is in crisis and needs immediate emergency assistance please call 911. You can also call the Veterans Crisis Line for additional assistance:

Veterans Crisis Line:

1-800-272-TALK

Hotline for Women Veterans:

1-855-VA-WOMEN

Connect With Texas Veterans:

1-512-954-5533

Texas Veterans Buddy Hotline:

1-800-252-VETS

All First Responders & Healthcare Workers in Texas

Heroes Helpline: [833-367-4689](tel:833-367-4689)

Website: <https://heroeshelpline.org/>

Latinx/Hispanic Resources

Mental Health America: <https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>

National Alliance for Hispanic Health: www.healthyamericas.org/

National Latino Behavioral Health Association: <http://www.nlbha.org/>

National Alliance on Mental Illness: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx>

Resources for Suicide Prevention and Intervention



The National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Trained counselors are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

1.800.273.8255



Crisis Text Line

Crisis Text Line is a free, 24/7 texting service for those in crisis. Every texter is connected with a crisis counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. The text line is available from anywhere in the U.S.

Text HOME to 712712

Text TX to 741741



The Trevor Project

<http://www.thetrevorproject.org/>

The Trevor Project, the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning youth. Trained counselors are available. The Trevor Project has 3 ways to connect with a trained counselor if you are in crisis.

Call: 1.866.488.7386

Text: START to 678678

Chat: TrevorChat.org



Trans Lifeline

Trans Lifeline is a peer support hotline run by trans people, for trans and questioning callers. Their operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, call the Trans Lifeline.

1.877.565.8860

Online Resources



Teen Talk

They provide services for youth from a harm reduction, prevention education perspective. Teen Talk's focus is on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence issues. They adhere to the belief that by providing youth with accurate, non-judgmental information they can make healthier decisions and choices for themselves!

Visit their site at: <http://teentalk.ca/>



This is Normal

A Podcast About Youth Mental Health is a podcast where young people talk about their own mental health challenges and how they got through them. When we share our stories, we can all feel a little less alone.

Check it out at:

<https://podcasts.apple.com/us/podcast/this-is-normal-a-podcast-about-youth-mental-health/id1352187786>



Stop, Breath, and Think

An app helps you check-in with your emotions to receive daily meditation and mindfulness recommendations tuned to how you feel. This calming meditation app is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs.

Check it out at: <https://www.stopbreathethink.com/>

Additional Resources

Veterans Crisis Line (24/7) – 1-800-273-TALK (8255) and press 1;
www.veteranscrisisline.net

Texas 2-1-1 and press 8; www.211texas.org

Health and Human Services - List of Mental Health Crisis Numbers for the state -
<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

National Council for Mental Wellbeing- <https://thenationalcouncil.org>

Mental Health America of Greater Dallas - <http://www.mhadallas.net>

Centers for Disease Control and Prevention - <https://www.cdc.gov/mentalhealth/learn/index.htm>

The National Child Traumatic Stress Network - <https://nctsn.org>

Crisis Text Line - <https://www.crisistextline.org/resources/>

Healthy North Texas - <http://www.healthyntexas.org/>



Suicide Prevention



TEXAS
Health and Human
Services

How can I help?

If someone you know is...

- **Talking** about wanting to die or wanting to kill themselves
- **Planning** or looking for a way to kill themselves, such as searching online
- **Buying** a firearm or stockpiling pills
- **Talking** about feeling empty, hopeless or like there's no reason to live
- **Feeling** trapped or in unbearable pain
- **Talking** about being a burden to others
- **Increasing** the use of alcohol or drugs
- **Acting** anxious or agitated or behaving recklessly
- **Sleeping** too little or too much
- **Withdrawing** from family or friends or feeling isolated
- **Showing** rage or talking about revenge
- **Displaying** extreme mood swings
- **Saying** goodbye to loved ones and putting affairs in order

It's very important to act right away:

- 1. Ask about thoughts or plans for suicide:**
"Are you having thoughts about suicide?" "Are you thinking about killing yourself?"
- 2. Listen and be nonjudgmental.**
Let them know you care about them.
- 3. Believe what they say.**
Take words and actions seriously.
- 4. Offer hope.**
Help them think of reasons to live or ways to keep safe.
- 5. Get help.**
Stay with them until help is available.



Suicide Prevention



TEXAS
Health and Human
Services



RESOURCES



- **Call 2-1-1** and press 8 or visit 211texas.org.
- **If you call 9-1-1**, ask for a **mental health officer**.
- **Find local mental health authority crisis numbers** at bit.ly/HHSmentalhealthcrisis.
- **Call the National Suicide Prevention Lifeline** 24/7 at **800-273-8255 (TALK)** or visit SuicidePreventionLifeline.org for information or to live chat.
- **Call the Veterans Crisis Line** at **800-273-8255** and press 1.
- **Text TX to 741-741** to reach the Crisis Text Line. Visit CrisisTextLine.org to learn more.
- **Call the Trevor Project** 24/7 (for LGBTQ young people) at **866-488-7386**, text START to **678678** or chat online at TheTrevorProject.org/get-help-now.
- **Take a training.** Visit hhs.texas.gov and search for "Mental Health First Aid" or "suicide prevention."

