

Texas Health and Human Services

# COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, ***help is available.***

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Call** the toll-free COVID-19 Mental Health Support Line for more information: **833-986-1919** or **text** COVID to **832-479-2135.**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



**TEXAS**  
Health and Human  
Services