

# 24/7 Mental Health Support Line for COVID-19

**Call Toll Free 833-251-7544**

The Harris Center has activated a Mental Health Call Line to support our community during COVID-19. The purpose of the line is to provide trauma-informed support and psychological first aid to those experiencing stress and anxiety related to the COVID-19 event.

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 shows signs of stress for several days or weeks, get help by accessing Harris County's COVID-19 Mental Health Support Line at 833-251-7544

## COVID-19 KeepSafe Connections

Harris Center for Mental Health and  
IDD Mental Health Support Services  
713-970-7000

Child Protective Services Child  
Abuse Hotline  
1-800-252-5400

HPD Non-Emergent #  
713-884-3131

National Suicide Prevention Life  
Line Mental Health Support  
Services  
1-800-273-8255

NeuroPsychiatric Center (The  
Harris Center)  
713-970-7070

HCSO Non-Emergent #  
713-221-6000

Substance Abuse and Mental  
Health Services Administration's  
(SAMHSA)  
800-985-5990, for Spanish press  
option 2

Alcoholics Anonymous Support  
Groups  
713-942-4100

**Online Resources:**  
Centers for Disease Control and  
Prevention  
<https://www.cdc.gov/>

The Trevor Project  
LGBTQ+ Hotline  
1-866-488-7386

Self-Assessment Tool  
<https://checkforcorona.com/harris-county#/welcome>

National Domestic Violence Hotline  
1-800-799-7233

Bay Area Turning Point  
Rape/Sexual Hotline  
281-286-2525

readyharris.org

Crisis Intervention of Houston  
(CIH) Mental Health Support  
Services  
832-416-1177 or 832-416-  
1199 (Teen)

Houston Area Women's Center  
Domestic Violence/Sexual Abuse  
Hotline  
713-528-2121

hcptx.org

houstontx.gov/health

Translated Communication  
Resources for COVID-19  
<https://houstonemergency.org/covid19translated/>