

MENTAL HEALTH RESOURCES

Baylor College of Medicine Patient Discharge Initiative
April 17, 2020

Mental Health Resources

Mental Health America (MHA)

Supplies numerous mental health resources specific to the COVID-19 outbreak. Click [here](#) or call (703)-684-7722 or(800)-969-6642 (toll free) for additional information.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Provides treatment for substance use/addiction and mental health. Click [here](#) or call 1-877-SAMHSA-7 (1-877-726-4727) for more details.

The Trevor Project

Provides an easy-access hotline and resources for members of the LGBTQ+ community. Click [here](#), call 1-866-488-7386, and/or text START to 678678 for more information.

Extensive Resource List (COVID-19)

A thorough list of multiple resources that provide mental health advice and basic health information. Click [here](#) or call 604-682-PEAK (7325) for additional information.

Mental Health Hotlines and Websites

The Harris Center for Mental Health and IDD

Click [here](#) or call (713)-970-7000 for additional details.

9401 Southwest Freeway, Houston, TX 77074
Open 24/7

Crisis Intervention

Click [here](#) for additional details.

Call:
Hotline: 832-416-1177
Teens: 832-416-1199
Text: 281-201-4430

5322 West Bellfort, Suite 203,
Houston, TX 77035

Veterans Crisis Line

Click [here](#) for additional details

Call:
1-800-273-8255
1-800-799-4889 (for the deaf and those who are hard of hearing)

Text: **838255**

Caring for Your Coronavirus Anxiety

Provides a comprehensive toolkit on how to manage anxiety related to COVID-19

Click [here](#) or text **741741** for more information.

COVID-19 Emotional Support Hotline

Provides a safe space for individuals to talk about their life situations and worries related to the coronavirus.

Call **833-251-7544** to connect today.

National Suicide Prevention Line

Provides callers with confidential assistance and additional resources.

Call 1-800-273-8255 or click [here](#) to connect with some today.