

IN CRISIS?

Are you thinking about suicide?

Thoughts of suicide are not uncommon and I encourage discussion of these thoughts in therapy.

If you are currently at risk of harming yourself, please take care of yourself and seek out help.

I urge you to use one of the following resources, organized by state & county or visit your nearest emergency room:

ALL LOCATIONS

- If you or anyone else is in immediate danger, please *call 9-1-1* and select the mental health option or request a mental health officer or crisis intervention trained officer (CIT)
- Call the [Suicide and Crisis Lifeline](#) at [988](#).
- Text "home" to the [Crisis Text Line](#) at 741-741.
- In most areas, call *3-1-1* to ask about local mental health crisis resources, such as a Mobile Crisis Outreach Team (MCOT)
- National Youth Crisis Hotline [\(800\) 442-HOPE \(4673\)](#)
- Poison Control [800-222-1222](#)

LGBTQ Crisis Hotlines

- **The TrevorLifeline for LGBTQ youth [1-866-488-7386](tel:1-866-488-7386)**
- **TrevorText** - Confidential text messaging with a Trevor Counselor- **Text START to 678-678**
- **SAGE LGBT+ Elder Hotline-** Connects LGBT+ older people with friendly responders for LGBT+ elders and caretakers- **[1-877-360-5428](tel:1-877-360-5428)**
- **Trans Lifeline-** A 24/7 confidential hotline available in the U.S. and Canada staffed by transgender people for transgender people- **[1-877-565-8860](tel:1-877-565-8860) US [1-877-330-6366](tel:1-877-330-6366)**

BEXAR COUNTY

- If a person is actively attempting to commit suicide or becoming dangerously violent, **call 9-1-1** and ask for a Crisis Intervention Trained officer to be sent.
- Call the **[24/7 Crisis Line](tel:210-223-7233)** at **[800-316-9241](tel:800-316-9241)** or **[210-223-7233](tel:210-223-7233)**
- Psychiatric Hospitals
 - **[Clarity Child Guidance Center 210-616-0300](tel:210-616-0300)** Child, adolescent, and family services- Inpatient, outpatient, and crisis services; **open 24 hours a day, 7 days a week at 8535 Tom Slick, San Antonio, TX 78229**
 - **[San Antonio Behavioral Health Hospital 210-531-5400](tel:210-531-5400)** Outpatient and inpatient services for adolescents and adults
 - **[Laurel Ridge Treatment Center 210-491-9400](tel:210-491-9400)** Outpatient and inpatient services for adolescents and adults

BRAZOS COUNTY

- Call the [24/7 Mental Health and Substances Abuse Crisis Hotline](#) at [888-522-8262](#)

COLLIN COUNTY

- Call the [LifePath Systems' Crisis Hotline](#) 24/7 at [877-422-5939](#) and if in-person services are needed, request the "Mobile Crisis Outreach Team."

DALLAS COUNTY

- Call the [Suicide and Crisis Center of North Texas](#) at [214-828-1000](#).
- For face-to-face, mobile crisis intervention, call the ADAPT Community Solutions Mobile Crisis Outreach Team at [866-260-8000](#)

EL PASO COUNTY

- Call the [Emergence Health Network](#) 24-Hour Crisis Hotline at [915-779-1800](#).
 - If in-person services are needed, request the "Crisis Intervention Unit" (a collaborative service from the Emergence Health Network and the El Paso County Sheriff's Office).

HARRIS COUNTY

- Call [The Harris Center](#) 24-Hour Crisis Line: [713-970-7000](#) (select option 1), and if needed request the "Mobile Crisis Outreach Team" or "Crisis Intervention Response Team."
- Call the [Crisis Intervention of Houston](#) Hotline at [832-416-1177](#), call the Teen Hotline at [832-416-1199](#) and if needed request the "Mobile Crisis Outreach Team" or "Crisis Intervention Response Team."

- Teens can call the [Crisis Intervention of Houston](#) Teen Hotline at [832-416-1199](#) or text 281-201-4430.

**HEART OF TEXAS REGION- BOSQUE, FALLS,
FREESTONE, HILL, LIMESTONE & MCLENNAN
COUNTIES**

- Call the [Heart of Texas Region MHMR Mobile Crisis Outreach Team](#) at [866-752-3451](#).

**HILL COUNTRY REGION: BANDERA, BLANCO,
COMAL, EDWARDS, GILLESPIE, HAYS, KENDALL,
KERR, KIMBLE, KINNEY, LLANO, MASON, MEDINA,
MENARD, REAL, SCHLEICHER, SUTTON, UVALDE &
VAL VERDE COUNTIES**

- Call the [Hill Country MHDD Center](#) Crisis Hotline at [877-466-0660](#) and if needed, request the "Mobile Crisis Outreach Team."

**LUBBOCK REGION: COCHRAN, CROSBY, HOCKLEY,
LUBBOCK & LYNN COUNTIES**

- Call the [StarCare](#) 24/7 Crisis Help Line at [806-740-1414](#). Ask for Mobile Crisis Outreach Team.

NUECES COUNTY

- Call the [Nueces Center for Mental Health and Intellectual Disabilities](#) 24 HR Crisis Hotline at [888-767-4493](#)
- Call [Oceans Behavioral Hospital Corpus Christi](#) at [361-902-4006](#)
- Call [Corpus Christi Medical Center Bayview](#) at [361-986-8200](#)
- TAMU-CC student in crisis- Counselors available 24/7 [\(361\) 825-2703](#)
- [The Purple Door](#)- FREE SERVICES for victims an survivors of family violence and sexual assault- 24 hour crisis hotline- [1-800-580-4878](#) or [361-881-8888](#)

RIO GRANDE VALLEY: CAMERON, HIDALGO, STARR, AND WILLACY COUNTIES

- Call the [Tropical Texas Behavioral Health](#) Mental Health & Substance Use Crisis Hotline at [877-289-7199](#).
- Vaqueros Crisis Line- 24/7 crisis line for enrolled UTRGV students [956-665-5555](#)

TARRANT COUNTY

- Call or text the [Tarrant County MHMR](#) ICARE 24/7 Crisis Line at [817-335-3022](#), and if needed, request the "Mobile Crisis Outreach

TRAVIS COUNTY

- UT students may call the **Counseling and Mental Health Center**'s 24-hour Crisis Line at **[512-471-2255](tel:512-471-2255)** or go to CMHC during business hours for a walk-in crisis appointment (8am-5pm on the 5th floor of the Student Services Building).
- Call the 24-hour Crisis Hotline at **[512-472-4357](tel:512-472-4357)** if you or someone else is in immediate danger, ask for the Mobile Crisis Outreach Team
- Text "HOME" to the **Crisis Text Line** at **741-741**.
- Psychiatric Hospitals:
 - Seton Shoal Creek (Central) **[512-324-2000](tel:512-324-2000)**
 - Austin Lakes (Central) **[512-544-5253](tel:512-544-5253)**
 - Cross Creek (Northeast) **[877-971-6689](tel:877-971-6689)**

WILLIAMSON COUNTY

- Call the **[Williamson County Mobile Outreach Team](#)** at **[512-943-3545](tel:512-943-3545)** or **[512-864-8277](tel:512-864-8277)** (after hours).
- **[Bluebonnet Trails Community Services](#)**- Crisis Hotline **[1-800-841-1255](tel:1-800-841-1255)** or **[512-244-8212](tel:512-244-8212)**