



Hogg Foundation
for Mental Health

- ▶ Healthy Minds Project funded in part by the Hogg Foundation for Mental Health

St David's
FOUNDATION

COVID-19 Phase II Recovery Grant

Integral Care - 24/7 Crisis Hotline
512-472-HELP (4357)

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

The logo for the National Institute of Mental Health (NIH) is in the top left corner of the infographic.

Coping with COVID-19

Take breaks from the news	Take care of your body
Make time to unwind	Connect with others
Set goals and priorities	Focus on the facts



Gods Way Christian Baptist Church Wellness and Empowerment Community Ministries is available for personal prayer, spiritual consult, and assistance seeking resources, please contact us at gwcbctw.org

Disaster Distress Hotline

Call 1National Suicide Prevention Lifeline

Call 1(800) 273-8255

(800) 985-5990, or text TALKWITHUS to 66-746

National Domestic Violence Hotline

1(800) 799-7233, or text LOVEIS to 22-522

The Texas Health and Human Services Commission COVID-19 mental health support line. This line is active 24/7 and is toll-free. Counseling services are confidential and free of charge. The # for this line is 833-986-1919.

Integral Care