

# CRISIS HOTLINE SERVICES

**IF YOU OR SOMEONE YOU KNOW IS IN NEED OF HELP, THE FOLLOWING HOTLINES ARE AVAILABLE**

## **BULLYING**

1-800-420-1479

## **CRISIS TEXT LINE**

Text HOME to 741741

## **DOMESTIC VIOLENCE**

1-800-799-SAFE (7233)

## **EATING DISORDERS**

1-630-577-1330

## **GRIEF SUPPORT**

1-650-321-5272

## **NATIONAL SUICIDE PREVENTION HOTLINE**

1-800-273-TALK (8255)

## **RAPE, ABUSE & INCEST NATIONAL NETWORK**

1-800-656-4673

## **SELF-HARM / SELF-INJURY**

1-800-366-8288

## **SUBSTANCE USE**

1-877-726-4727

## **TEXAS COVID-19**

1-877-570-9779

## **TREVOR PROJECT**

Community for LGBTQ Youth

1-866-488-7386

TrevorText: 678678

## **VETERANS CRISIS LINE**

1-800-273-8255

Text: 838255

## **BORDER REGION BEHAVIORAL HEALTH CENTER**

1500 Pappas St.

956-794-3000

24-Hour Crisis Hotline:

1-800-643-1102

## **COMMON THREAD PROJECT BCFS HEALTH & HUMAN SERVICES**

Sex Trafficking & Smuggling

956-302-4228

Crisis Hotline: 1-888-

8THREAD (847-323)

## **MERCY MINISTRIES CASA DE MISERICORDIA**

Domestic Violence

2500 Zacatecas

956-712-9591

1-877-782-2722

## **SERVING CHILDREN & ADULTS IN NEED (SCAN)**

1700 Hendricks

956-724-3177

Rape Crisis Hotline:

1-800-355-7226



956-712-0037

# FREE MENTAL HEALTH APPS

THESE MOBILE APPS PROVIDE TREATMENT AND PREVENTION TOOLS FOR OPIOID USE DISORDER, SUICIDE, BULLYING, DISASTER RESPONSE, & UNDERAGE DRINKING.



## SUICIDE SAFE

"Suicide Safe is a free mobile app that helps primary and behavioral health care providers integrate suicide prevention strategies, and offers tips on assisting patients who are suicidal."



## TALK. THEY HEAR YOU

"Talk. They Hear You." is a free mobile app that prepares parents and caregivers to have important conversations with their children and teens about the dangers of underage drinking."



## KNOW BULLYING

"KnowBullying is a free mobile app that puts the power to prevent bullying in your hands. Find simple conversation starters to prevent bullying and help your child build resilience.."



## ALCOHOLFX

"AlcoholFX is a free mobile app that helps increase students' knowledge of alcohol's negative consequences before they reach the average age of first use. This app is only available on tablets."



## SAMHSA DISASTER APP

"The SAMHSA Disaster App helps first responders focus on what really matters, people in need. This free mobile app offers immediate access to resources for any type of traumatic event at every phase of response."

