

Disaster Hotlines & Distress Helplines

Disaster Distress Helpline (DDH) provides year-round disaster crisis counseling. Toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. & its territories experiencing emotional distress related to natural or human-caused disasters. **Call or text 800-985-5990.**

Texas has 37 Local Mental Health Authorities (LMHAs) and 2 Local Behavioral Health Authorities (LBHAs) providing comprehensive mental health services across all 254 counties, including crisis intervention, outpatient care, and case management.

[Find Your Local Mental Health or Behavioral Health Authority | Texas Health and Human Services](#)

Or this link: [Mental Health Crisis Services | Texas Health and Human Services](#)

AgriStress Helpline (farmers in distress after a disaster) **Call or text 833-897-2474**

SAMHSA, [Substance Abuse and Mental Health Services Administration's National Helpline](#) **800-662-HELP (4357)**

The 988 Suicide & Crisis Lifeline offers help for mental health and substance use problems for anyone at any time. **Call, text or chat '988'.** Hours are 24/7 and cost is free. Available in English and Spanish. [988 Lifeline - If you need emotional support, reach out to the national mental health hotline: 988](#)

Crisis Text Line, a global not-for-profit organization. **Text HOME to 741741** to reach a trained Crisis Counselor. Hours 24/7 and cost is free. Available in English and Spanish. [Crisis Text Line | Text HOME to 741741 Free, 24/7 Mental Health Support](#)

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25 years of age. TrevorText gives everyone access to confidential text messaging with a compassionate Trevor Counselor available 24/7/365. **Call 866-488-7386 / TrevorText: 678-678.** [The Trevor Project - Suicide Prevention for LGBTQ+ Young People](#)

The Trans Lifeline connects trans people to community support and resources. The hotline is a peer support phone service run by trans people for trans and questioning individuals. **Call (877) 565-8860** Available in English and Spanish.