



# COVID-19 Mental & Behavioral Health Grief & Trauma Informed Virtual Support and Statewide Resources List April 3, 2020

(512) 463-9000

disasterinfo@tea.texas.gov

[tea.texas.gov/coronavirus](http://tea.texas.gov/coronavirus)

As Texas schools continue to deal with the COVID-19 outbreak, it is important for Local Education Agencies (LEAs) to recognize students and families may be struggling with stress, anxiety, grief, and loss. Schools can support the mental health, wellness, and resiliency of students through trauma informed approaches. Below is a list of statewide resources that can help schools connect families with specific resources as needs are identified.

Resource	Purpose	Contact Info
<b>Telephone and Text Support Lines</b>		
<b>National Suicide Prevention Lifeline (24/7)</b>	Provides crisis support for people thinking about suicide.  (All Ages)	1-800-273-TALK (8255)  Spanish Line: 1-888-628-9454  TTY: 1-800-799-4889 deaf and hard of hearing
<b>COVID-19 Mental Health Support Line (24/7)</b> Texas Health and Human Services Commission (HHSC)	Provides mental health support for during COVID-19.  (All Ages)	1-833-986-1919.  Translation available for Spanish
<b>Counseling Line (24/7)</b> Substance Abuse and Mental Health Services Administration (SAMHSA)	Provides a trained counselor to talk with during COVID-19.  (All Ages)	1-800-985-5990; or Text "TalkWithUs" to 66746  For SAMHSA's Coping Resource Guides: <a href="#">Virtual Recovery Resources</a> and <a href="#">Disaster Distress Helpline</a> .
		Deaf/Hard of Hearing:  Text "TalkWithUs" to 66746. (TTY: 1-800-847-8517)

		<p>Spanish:</p> <p>1-800-985-5990; or Text “Hablanos” to 6674</p>
<p><b>Support Line (24/7)</b> National Domestic Violence</p>	<p>Provides counseling support for those experiencing emotional or physical abuse.</p> <p>(All Ages)</p>	<p>1-800-799-SAFE (7233)</p> <p>Translation available for Spanish</p> <p>TTY: 1-800-787-3224; Text “LOVEIS” to 22522</p>
<p><b>Information and Referral Line (24/7)</b> 2-1-1</p>	<p>Provides a comprehensive locator service for social supports including food, housing, money, legal and additional mental and behavioral health services.</p> <p>(All Ages)</p>	<p>Call 2-1-1 for help.</p> <p>2-1-1 line has a menu for English or Spanish. Menu provides help in multiple languages by pressing “0”</p> <p><a href="#">Search for local resources online</a></p>
<p><b>Veteran’s Crisis Line (24/7)</b></p>	<p>Provides support for veterans in distress.</p> <p>(All Ages)</p>	<p>1-800-273-8255 and press 1</p> <p>Deaf and hard of hearing TTY: 1-899-799-4889</p> <p>Can enlist an interpreter in almost any language.</p>
<p><b>National Crisis Text Line (24/7)</b></p>	<p>Provides counseling support by text</p> <p>(All Ages)</p>	<p>Text “HOME” to 741741</p> <p>English Only. Advised to use National Suicide Prevention Lifeline for Spanish.</p> <p>More information on <a href="#">Crisis Text Line webpage</a></p>

<b>Trevor Project Text Line (24/7)</b>	Provides support to young LGBTQ persons by text.  (Ages 13-24)	Text "START" to 678678 More information at <a href="http://TheTrevorProject.org">TheTrevorProject.org</a>  English only
Online Information, Websites and Virtual Support		
<b>The Child Mind Institute</b>	Provides virtual support for families during COVID-19.  (For Parents)	Get more information on virtual support on the <a href="#">Child Mind Institute COVID-19 webpage</a>  English only
<b>National Association for Mental Illness Texas (NAMI -Texas)</b>	Provides virtual support groups during COVID-19 for persons with mental illness and family members.  (All Ages)	Learn more and register on the <a href="#">NAMI Registration webpage</a> for virtual support groups for families coping with mental illness.  English or Spanish
<b>Social Care Network - Aunt Bertha</b>	Locate comprehensive resources through this database to find local social services, food, housing, job training, legal, mental and behavioral health providers, medical care.  (All Ages)	Free online search for local resources at <a href="http://AuntBertha.com">AuntBertha.com</a>  French, Italian, Japanese, Portuguese, Spanish, screen readers for visually impaired

<p><b>Texas Community Mental Health Centers</b> HHSC</p>	<p>Locate local community mental health authority (LMHA) and service centers by region, (both physical and virtual in various areas of the state). Services provided based on eligibility. Also serves individuals with developmental disabilities.</p> <p>(All Ages)</p>	<p><a href="#">Texas Community Mental Health Centers Resource page</a> (search by zip code)</p> <p>English or Spanish</p>
<p><b>Outreach, Screening Assessment and Referral Centers (OSAR) List</b> HHSC</p>	<p>Locate local substance use treatment and recovery services (both physical and virtual available in various areas of the state).</p> <p>(All Ages)</p>	<p><a href="#">Find your Texas Regional OSAR Center</a></p> <p>English or Spanish</p>
<p><b>Texas Council for Developmental Disabilities</b></p>	<p>Provides information, guidance, and resources to support those with developmental disabilities.</p> <p>(All Ages)</p>	<p>Find more information at Texas <a href="#">Council for Developmental Disabilities</a></p> <p>Provides information in multiple languages. Listed languages are Spanish, Vietnamese, Mandarin. Can translate into any language on Website.</p>
<p><b>SAMHSA Treatment Locator</b></p>	<p>Provides a confidential anonymous source of information for persons seeking mental health or substance use treatment facilities.</p> <p>(All Ages)</p>	<p>Find facilities for behavioral health (mental health or substance use) services at the <a href="#">SAMHSA Behavioral Health Treatment Locator</a></p> <p>Search by almost any language.</p>

Please submit any questions, concerns and/or feedback to: [disasterinfo@tea.texas.gov](mailto:disasterinfo@tea.texas.gov).  
Feedback will assist TEA with technical assistance and planning.