

**WE'RE
HERE TO
HELP**

Counseling & Student Wellness Network

Behavior & Mental Health | Social & Emotional Learning
281-707-3738 | 346-216-3232



RESOURCE CARD

911

Immediate Emergency Assistance

988

Suicide and Crisis Lifeline

Aunt Bertha & Texas 211

AuntBertha.com

Dial 211

Free search for comprehensive resources—social services, food, housing, job training, legal, mental and behavioral health providers and medical care. (All Ages)

Disaster Distress Hotline (24/7)

1-800-985-5990 or Text: TalkWithUs to 66746

Spanish: 1-800-985-5990 or Text: Hablamos to 6674

Deaf/Hard Hearing: 1-800-847-8517

National Crisis Text Line (24/7)

Counseling help through text for everything: anxiety, depression, suicide and school
Text: HOME to 741741 (All Ages)

National Dating Abuse Helpline (24/7)

Counseling help for everything: anxiety, depression, suicide, school through text
1-866-331-9474 (All Ages)

National Domestic Violence Support Line (24/7)

Provides counseling support for those experiencing emotional or physical abuse.
Translation available for Spanish. (All Ages)

1-800-799-SAFE (72333)

Text: LOVEIS to 1-866-331-9474 an on-line chat service www.loveisrespect.org

TTY: 1-800-787-3224

<https://tinyurl.com/4studentwellnesshelp>

National Human Trafficking Hotline (24/7)

Report potential human trafficking situation—Support provided in over 200 languages. (All Ages)

1-888-373-7888

TTY: 711

National Suicide Prevention Lifeline (24/7)

National Suicide Prevention Lifeline (24/7)

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available. (All Ages)

1-800-273-TALK (8255) Nacional de Prevencion del Suicidio: 1-888-628-9454

TTY: 1-800-799-4889 Deaf & Hard of Hearing

Rape, Abuse and Incest National Network

1-800-656-4673

Report Bullying or School Threats

Baytown Crime Stoppers

Friends for Life 281-427-TIPS (8477)

Utilize P3 Campus App

Runaway Safeline

1-800-786-2929

The Trevor Project (24/7)

Provides support to young LGBTQ+ persons. (Ages 13-24)

Spanish: WhatsApp 55-9225-3337

1-866-488-7386

Text START to 678-678

Veteran's Crisis Line (24/7)

Provides support for veterans in distress

1-800-273-8255 Press 1

TTY: 1-800-799-4889

**GET
HELP
NOW**



**Recursos
en
Español**