



GSSJC Mental Health & Crisis Resources

If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm yourself or others call 911 or one of the national crisis resources below.

Texas Resources & Girl Scout Partnerships

In the state of Texas, all incidents involving abuse of a child whether physical, emotional or sexual must be reported to the state.

- 1) If child is in immediate life-threatening, danger, call 911.
- 2) If the situation is urgent and needs to be investigated within 24 hours, call the Texas Abuse Hotline: 1-800-252-5400.
- 3) If you are reporting suspicion of abuse, neglect or exploitation, you may report using the Texas Abuse Hotline website: txabusehotline.org

211 Texas/United Way HELPLINE

Dial 2-1-1 or (877) 541-7905, or visit 211texas.org.

As a trusted state resource available 24/7, 211 Texas is a connector for all Texans to critical, community-based services. Whether it's a sudden medical bill, a natural disaster, a veteran trying to return to civilian life, or a concern about an aging parent—people from all walks of life can find themselves in need of assistance and confronted with a maze of agencies and programs that are challenging to navigate. 211 Counts is your source for local data in real time! For valuable data and a full breakdown on specific met and unmet needs in your service areas by visiting: tx.211counts.org

National Association of Mental Illness (NAMI)

Call the NAMI Helpline at 800-950-6264 Or text "HelpLine" to 62640

Through this collaboration, Girl Scout councils can connect with state and local NAMI affiliates to provide access to their resources and expertise. This is especially helpful when recruiting volunteers for the Mental Wellness Patch Program. This partnership will build capacity to support the mental well-being of young people, volunteers, and families, while providing more resources and experiences to Girl Scout troops. For information and Texas resources, please visit, www.namitexas.org.

HCA Healthcare Foundation

Through this collaboration, Girl Scout councils in the following states can connect with local HCA Healthcare affiliates to provide access, volunteers, and subject matter expertise: Alaska, California, Colorado, Florida, Georgia, Idaho, Indiana, Kansas, Kentucky, Louisiana, Missouri, Nevada, New Hampshire, North Carolina, South Carolina, Tennessee, Texas, Utah, and Virginia. For more information about HCA Healthcare, www.hcahealthcareimpact.com.



National Crisis Resources

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

Crisis Text Line

Text “MHFA” to 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

The Trevor Project

Call 866-488-7386 or Text “START” to 678678

<https://www.thetrevorproject.org>

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Finding a Behavioral Health Provider

The National Council for Behavioral Health

<https://www.thenationalcouncil.org/providers/?region=>

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/find-help>.

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether or not they provide services for youth, payment options (private insurance, cash, or something else), languages spoken, etc.

Additional Resources

Mental Health First Aid USA

<https://www.mentalhealthfirstaid.org/mental-health-resources/>

The Mental Health First Aid website has additional resources related to the most common mental disorders.