

UPDATED NUMBERS



Addiction Hotline **866-210-1303**

24/7 support & anonymous for any resident to receive assistance with addiction

Texas Abuse Hotline (CPS) **800-252-5400**

24/7 support – Report abuse, neglect or exploitation of children, adults w/ disabilities, or people 65 or older

National Domestic Violence Hotline **800-799-7233**

24/7 support

Suicide & Crisis Lifeline **Call or Text** **988**

24/7 support w/ mental health struggles, emotional distress, alcohol or drug concerns or just need someone to talk to

Texas Poison Control **800-222-1222**

24/7 support

Texas Youth Helpline **Call or Text** **800-989-6884**

Confidential services for youth & families in crisis: conflict, financial, runaway, suicide