



Crisis Hotline and Parent Support Information

In Emergency Call 911

Crisis Text Line

Text Home to 741741

Free, 24/7 Support

<https://www.crisistextline.org/>

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Dial 211

Access community and mental health resources

<https://www.211texas.org/>

Disaster Distress Helpline

1-800-985-599

24/7

Deaf/Hard of Hearing: 1-800-846-8517

Text (English, within U.S.): TalkWithUs to 66746

Text (Spanish, within U.S.): Hablanos to 66746

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

National Parent Helpline

1-855-427-2736

Hours of Operation Monday-Friday 12:00 noon to 9:00 p.m. (CST)

<https://www.nationalparenthelpline.org/>

Parents Stress Line

1-800-632-8188

24/7 Parents Helping Parents

All Languages Available

<https://www.parentshelpingparents.org/>