



TEXANS



Crisis
Counseling
Program

RECOVERING
TOGETHER

Helen Farabee Centers, in conjunction with Texans Recovering Together, is offering a new local hotline for anyone in our community who needs help coping with COVID-19 related stressors. We can offer the following services:

- Individual brief counseling contacts by phone
- Information and emotional support
- Links to other helpful resources where you live

The new local Covid-19 Hotline number is 888-484-0799.

There is still a statewide Covid-19 mental health support line at 833-986-1919.

As always, if you are having a mental health emergency and need immediate help, you can call our Crisis Hotline at 1-800-621-8504.