

COVID-19 MENTAL HEALTH RESOURCES

COVID19 Mental Health Support Line (available 24/7):
833-251-7544

Disaster Distress Helpline: 1-800-985-5990

National Domestic Violence Hotline: 1-800-799-7233
and TTY 1-800-787-3224

National Suicide Prevention Hotline: 1-800-273-8255

**Harris Center for Mental Health and Intellectual and
Developmental Disabilities Crisis Line (available
24/7): 713-970-7000, option 1**

**Institute for Spirituality and Health Virtual Groups
and Workshops**

<https://www.spiritualityandhealth.org/mindbodygroups>

Mental Health America List of Resources

<https://mhahouston.org/covid19help/>



THE METROPOLITAN ORGANIZATION

GCLC

GULF COAST
LEADERSHIP COUNCIL