

Finding the right mental health resources can be confusing.

We can help.



The **Here For Texas Mental Health Navigation Line** is a free helpline offering guidance, information, resources, and support for mental health and substance use issues.

If you're seeking resources for yourself or for a patient, client, student, family member, or friend, give us a call. Our mental health navigators can help.

You can also find helpful information at HereForTexas.com, our searchable database of mental health providers.

972.525.8181

Monday - Friday 10 a.m. - 6 p.m.

If you or someone you know is in crisis,
call **1.800.273.8255** for 24/7 help.



MENTAL HEALTH NAVIGATION LINE

Here For Texas is a program of Grant Halliburton Foundation

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