

CRISIS SUPPORT

GENERAL SUPPORT:

- 1) Dial 988 to be connected with the Suicide Lifeline
- 2) 2) Crisis Stabilization Unit at The Center for Health Care Services at 210-223-7233 or 800-316-9241
- 3) Go to the nearest emergency room or call 911 for immediate, emergency assistance.

TEEN SPECIFIC HELP

- 1) Texas Youth Hotline *(sponsored by Texas Department of Family Protective Service)*
 - **Call:** 1-877-647-8829
 - **Text:** 1-877-647-8829
 - **Chat:** done online via website.
https://www.dfps.state.tx.us/youth-helpline/?gclid=CjwKCAjwrNmWBhA4EiwAHbjEQD4XI-BbkMzEtsYXLdOWnNm3gQotHz-bpp08siZ39f2evb-pSR0UnRoCuYcQAvD_BwE

CHILD IN CRISIS

- 1) Clarity Child Guidance Center: Crisis Services and Inpatient Care
<https://www.claritycgc.org/crisis-services-inpatient-care/>