



**Fort Bend County**  
**Behavioral Health Services**  
301 Jackson Street, Suite 520  
Richmond, TX 77469

### **COVID-19 Mental Health and Crisis Services**

#### **Local Resources:**

**COVID-19 24/7 Mental Health Support Line:** 833-251-7544 or 833-986-1919

**Fort Bend County Mental Health Resource Line M-F 9A-6P/ Sat. 10A-2P:** 832-363-7094

**Fort Bend COVID-19 Call Center and Website:** 281-633-7795 and <https://www.coronavirusfortbend.gov/>

**Texana Center 24 Hour Crisis Hotline (Fort Bend County Residents):** 1-800-633-5686

**Fort Bend Crisis Intervention Team Non-Emergency Number:** 281-341-4665 and ask for CIT

**DePelchin Children's Center Mental Health Line:** 713-558-3777

#### **Statewide and National Resources:**

Contact a counselor at **SAMHSA Disaster Distress Helpline** at 1-800-985-5990 or text TalkWithUs to 66746

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

**Hogg Foundation for Mental Health:** [https://hogg.utexas.edu/news-resources/mental-health-and-covid-19?utm\\_content=75b55c3308f355e02257153b3fb962ac&utm\\_campaign=MHH%2012%2F14%2F19&utm\\_source=Robly.com&utm\\_medium=email](https://hogg.utexas.edu/news-resources/mental-health-and-covid-19?utm_content=75b55c3308f355e02257153b3fb962ac&utm_campaign=MHH%2012%2F14%2F19&utm_source=Robly.com&utm_medium=email)

**National Human Trafficking Hotline:** 1-888-373-7888 or <https://humantraffickinghotline.org/>

**National Domestic Violence Hotline:** 1-800-799-7233/text LOVEIS to 22522 or <https://www.thehotline.org/>

**Department of Children and Family Services (Report suspected child or elder abuse)** 1-800-252-5400

#### **Counseling Resources:**

**Fort Bend County Behavioral Health Services:** 281-238-3079 or [www.fortbendcountytexas.gov/bh](http://www.fortbendcountytexas.gov/bh)

**NAMI of Greater Houston:** 713-970-4419 or <https://namigreaterhouston.org/>

**Mental Health America (MHA) of Greater Houston:** 713-523-8963 or <https://mhahouston.org/>

**Houston Galveston Institute:** 713-526-8390 or <http://www.talkhgi.org/>

**Aid For Victims of Domestic Abuse:** 281-207-2312 (Fort Bend County) or (713) 224-9911 (Harris County)

**Catholic Charities Counseling Services:** 1-866-649-5862

**Fort Bend Women's Center: (Domestic violence services)** 281-342-4357

#### **Resources for Parents:**

**PC-CARE's video about coping with COVID-19:** <https://youtu.be/uAJPK0EoOZg>

**The National Child Traumatic Stress Network:** [https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf)

**The American Academy of Child and Adolescent Psychiatry's COVID-19 resource**

**library:** [https://www.aacap.org/coronavirus?utm\\_source=Informz&utm\\_medium=email&utm\\_campaign=Annual%20Meeting](https://www.aacap.org/coronavirus?utm_source=Informz&utm_medium=email&utm_campaign=Annual%20Meeting)

**Zero to Three:** <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

**American Academy of Pediatrics:** [https://healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

#### **Online Resources:**

**Managing Anxiety & Stress:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.htm>

**Coping with a Disaster or Traumatic Event:** <https://emergency.cdc.gov/coping/index.asp>

**Helping Children Cope with Emergencies:** <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

**Emotional Wellbeing During the COVID-19 Outbreak:** <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>