

1-800 Hotlines & Other Online Resources

MHMR Crisis Line: 817-335-3022 or 1-800-866-2465

National Suicide Prevention Lifeline (Veterans dial 1 for VA counselors): 1-800-273-TALK (8255)

Veterans can also text 838255 for support.

Non-Veterans can text 741741 for support.

Support for lesbian, gay, bisexual, transgender and questioning youth: 1-866-488-7386

Texas Youth Hotline for kids under 18: 1-800-210-2278

Texas Runaway Hotline: 1-888-580-4357

Support for mothers experiencing postpartum depression: 1-800-PPD-MOMS (1-800-773-6667)

Support for Veterans, provided by Trained Peer Veterans: 1-877-VET2VET (1-877-838-2838)

Support for Law Enforcement, provided by Trained Peer Counselors: 1-800-COPLINE (1-800-267-5463)

211 – The United Way’s national 24-hour access to resources in the community. Simply dial 211, or 1-877-541-7905, on your telephone.

911 – Nationwide Emergency Services. Operators will determine what emergency services to send for a particular crisis.

Online Mental Health Resources

[Suicide Prevention Life Line website](#) Suicide prevention and support, including an option to chat online with a trained volunteer.

[Hopeline](#) Suicide prevention and crisis support, including an option to chat online with a trained volunteer.

[1 800 PPD Moms](#) Information and support for mothers and families experiencing postpartum depression.

[Veteran Crisis Line](#) Information and support for Veterans, including a confidential chat option.

[Tarrant Cares](#) Comprehensive collection of Tarrant County resources for individuals and families.