

- **MENTAL HEALTH CRISIS** for **ANY REASON** contact the 24/7 helpline at 512-472-HELP (4357) – TTY 512-703-1395
- Experiencing **STRESS / ANXIETY** regarding COVID-19 virus receive support through the **CRISIS TEXT LINE** by texting **TX to 741741**. This provides free crisis support via text.
- **DISASTER DISTRESS HELPLINE 1-800-985-5990** provides 24/7 year round crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters **INCLUDING** a public health crisis.
- **Questions about my health and COVID 19 virus** call the **COVID 19 hotline at 512-978-8775**. This number provides support to all TRAVIS COUNTY residents who have questions, are experiencing COVID 19 symptoms and do not have insurance and/or access to primary physician.
- For **URGENT** mental health care Integral Care **PSYCHIATRIC EMERGENCY SERVICES (PES)** remains open and serving the community. Individuals should call 512-472-4357 before arrival so a brief health screening can be completed. PES is located at 1165 Airport Blvd., Second Floor, Austin, TX 78702 and the service hours are: Monday – Friday 8am to 10pm; Saturday, Sunday and Holidays, 10am to 8pm. PES serves both Children and Adults.
- COVID-19 information and referrals to **COMMUNITY RESOURCES** across Texas: **2-1-1** – They are available 24 hours a day, 7 days a week

## WEBSITES

- Integral Care - <https://integralcare.org/en/covid-19-update/>
- Austin Public Health - <http://www.austintexas.gov/COVID19>
- Central Health - <https://www.centralhealth.net/covid19/>
- St. David's HealthCare - <https://stdavids.com/covid-19/>
- Hogg Foundation for Mental Health - <https://hogg.utexas.edu/mental-health-and-covid-19-information-and-resources-from-mha>
- CDC Tips for Stress/Anxiety - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>