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
National Human Trafficking Hotline: 1-888-373-7887 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.fortbendcountytx.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
Zero to Three: https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus

Online Resources:
Coping with a Disaster or Traumatic Event: https://emergency.cdc.gov/coping/index.asp