



**Fort Bend County**  
**Behavioral Health Services**  
301 Jackson St.  
Richmond Texas 77469

## **COVID-19 and Your Mental Health**

### **Fort Bend County**

### **Resource Line**

During these times of uncertainty, it is likely that individuals will be experiencing **excessive anxiety / worry and other mental wellbeing concerns** and have questions about **mental health resources**, please call

**832-363-7094**

Calls answered Monday thru Friday: 8am to 8pm  
Saturday and Sundays: 10 am to 2pm

## **COVID-19 Support Line and Resources**

### **Toll Free COVID-19 24/7**

### **Support Line: 833-251-7544**

The Harris Center for Mental Health and IDD has activated a Mental Health Call Line to support the community during COVID-19. The purpose of the line is to provide trauma-informed support and psychological first aid to those experiencing stress and anxiety related to the COVID-19 event.

**COVID-19 Mental Health Support Line:**  
**833-251-7544.**

## **More Resources:**

The following links from the CDC & SAMHSA provide additional information on coping with stress and the facts of COVID-19:

### **For Everyone:**

-Managing Anxiety & Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

-Key Facts about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html>

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

- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.

### **For Children & Families:**

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

-Coping After a Disaster- An activity book for children age 3-10:

[https://www.cdc.gov/cpr/readywrigley/documents/RW\\_Coping\\_After\\_a\\_Disaster\\_508.pdf](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf)

### **For First Responders:**

-Emergency Responders- Tips for Taking Care of Yourself: <https://emergency.cdc.gov/coping/responders.asp>

-Disaster Technical Assistance Center (SAMHSA): <https://www.samhsa.gov/dtac/disaster-responders>

### **For Communities:**

-Coping with Stress during an Infectious Disease Outbreak: <https://store.samhsa.gov/system/files/sma14-4885.pdf>

-Taking Care of Your Behavioral Health During an Infectious Disease Outbreak:

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

### **Local Resources & Phone Numbers:**

-National Alliance on Mental Illness (NAMI) of Greater Houston: <https://namigreaterhouston.org/> Phone: 713-970-4435

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

-Fort Bend County Behavioral Health Services: 281-238-3079

**-Texana Center 24 Hour Crisis Hotline: 1-800-633-5686**

**-Harris Center for Mental Health & IDD 24 Hour Crisis Hotline: 713-970-7000, press 1**

**-Fort Bend County Crisis Intervention Team (CIT) Non-Emergency Number: 281-341-4665**