

Stalth matters



Text or Call 988 Suicide and Crisis Lifeline

- Website: <u>988lifeline.org</u>
- How to Access: Dial 988 or chat via their website for 24/7, confidential support.
- Services include crisis counseling, emotional support, and resources for those experiencing mental health, substance use, or suicidal crises.

National Alliance on Mental Illness (NAMI)

- Website: nami.org
- How to Access: Call the NAMI HelpLine at 1-800-950-NAMI (6264) or text "HELPLINE" to 62640.
- Access free educational resources, peer-led support groups, and connections to local mental health services.



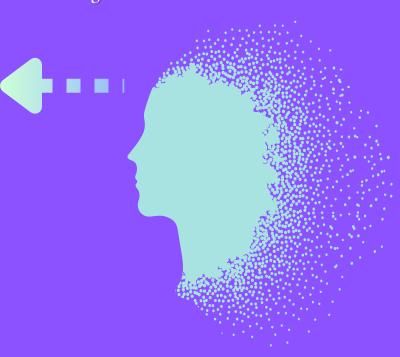


Crisis Text Line

- Website: <u>crisistextline.org</u>
- How to Access: Text HOME to 741741 to connect with a trained crisis counselor.
- Available 24/7 for anyone experiencing anxiety, depression, or other mental health challenges.

SAMHSA National Helpline

- Website: <u>samhsa.gov/find-help/national-helpline</u>
- How to Access: Call 1-800-662-HELP (4357)
 for confidential, 24/7 assistance in locating
 treatment facilities and support for mental
 health and substance use disorders.
- Offers free resources in English and Spanish.





Mental Health America (MHA)

- Website: <u>mhanational.org</u>
- How to Access:
- Explore resources like the "Mental Health Screening Tools" and "Find Help" directory for connecting with psychiatrists and mental health services.
- Provides advocacy information and support for patients and families.

Contact Us: Tranquility Behavioral Health Center Address: 855 Rockmead Dr., Ste. 604 Kingwood, TX 77339 Phone: 832-879-2107 | Fax: 877-495-4112 Email: tranquilitybhc@myupdox.com www.tranquilitybhc.com