



mental health matters



Text or Call 988 Suicide and Crisis Lifeline

- Website: 988lifeline.org
- 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.



Suicide Prevention



Crisis Text Line

- Website: crisistextline.org
- 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: samhsa.gov/find-help/national-helpline
- 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: mhanational.org
- 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