

Texas Health and Human Services

# COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, ***help is available.***

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Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

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Call the toll-free COVID-19 Mental Health Support Line for more information: **833-986-1919** or text COVID to **832-479-2135**.

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**TEXAS**  
Health and Human  
Services