

<http://win10.io>

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.*

*Existe ayuda*

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

*Habla con un consejero*

Call the toll-free COVID-19 Mental Health Support Line at

**833-986-1919.**

*Se puede pedir traducción en Español*



**TEXAS**  
Health and Human  
Services