

## **Crisis Numbers**

The list below provides options for assistance 24 hours a day.

Suicide Prevention Lifeline

1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

Trevor Lifeline - Crisis Intervention and Suicide Prevention

1-866-488-7386

<https://www.thetrevorproject.org/get-help-now/>

National Domestic Violence Hotline

1-800-799-7233

<https://www.safehaventc.org/>

Rape Crisis and Victim Services

817-927-2737

<https://www.womenscentertc.org/>

You may also wish to visit the links below for additional resources and avenues for assistance:

- National Suicide Prevention Hotline - We can all help prevent suicide. The **National Suicide Prevention Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- Net Cetera: Chatting with Kids about Being Online - **Net Cetera** is a guide for parents, teachers and other mentors with practical tips to help kids navigate the online world safely. Net Cetera covers a variety of topics – from cyberbullying to file-sharing – as well as where to go for more information and issues to raise with kids about living their lives online.
- *Talk early. Talk often. Get others involved* – An Underage drinking prevention campaign - Sponsored by Substance Abuse and Mental Health Services Association, the campaign's main focus is to help parents have open and ongoing conversations with their preteen and teen children about the dangers of underage alcohol use. The campaign includes public service announcements and a website with additional materials. Access [www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov).
- See It and Stop It: Teen Action Campaign – Created by teens to help prevent relationship violence, the **See It, Stop It website** offers information on recognizing and stopping abuse. The campaign's main premise is to help those who may be aware of domestic violence help victims of abuse.

- Mothers Against Drunk Driving (MADD) | The Power of Parents and the Power of You(th) programs - Parents are a youth's leading resource when it comes to making healthy choices. Youth also can play a pivotal role in underage prevention because they can stand up as the leaders who make it "ok" to say no to alcohol. **The Power of Parents** helps use the power they have to keep their kids safe through ongoing, critical conversations with their children about alcohol and other drugs. Through **The Power of You(th)**, young adults not only learn why it is important to stay away from alcohol and other drugs, but they also learn real life strategies.
- Military OneSource ([www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)), a Department of Defense program, provides free help and information, 24/7, to service members and their families on issues that affect them, including parenting and child care, the concerns of families of children with special needs, budgeting and finances, consumer purchases, education, relationships, the cycle of deployment, and overall health and well-being.
- Underage Drinking Prevention and Awareness - The *Too Smart To Start* website, keeps individuals and organizations informed with the latest news on underage drinking. Too Smart to Start (TSTS) is a public education initiative that provides research-based strategies and materials to professionals and volunteers at the community level to help implement an underage alcohol use prevention program. The goal of TSTS is to decrease the risk of underage alcohol use by increasing the knowledge and skills of 9-13 year-olds and their parents and caregivers so they can positively address underage alcohol use issues.
- The Dangers of Prescription Drugs - As communities around the country renew their focus on the dangers of prescription drugs, parents are not alone and there are many free resources available. Learn why teens are abusing prescription drugs, the signs and symptoms of abuse, and which drugs are more frequently abused [here](#).
- **5 Drugs Kids Steal Most Often From Parents** (CBS Early Show 5/7/09)

## Helpful Resources to share with Students and their Families

### (Hotlines, Mental Health, Assistance)

#### Helpful Hotlines:

- **National Suicide Prevention Lifeline: 1-800-273-8255** to speak to someone if you or a loved one is considering harming themselves or experiencing emotional distress.
- **National Human Trafficking Hotline: 1-888-373-7888** if you or someone you care about has been brought to the United States against their will or is being held against their will.
- **National Sexual Assault Hotline: 1-800-656-4673** if you or someone you care about has experienced sexual assault or harassment and needs support, assistance, and advice.
- **National Domestic Violence Hotline: 1-800-799-7233** if you or someone you care about has or is experiencing domestic or relationship-based violence and needs support, advice, and connections to a safe place.

#### Mental Health resources:

##### **From the MentalHealth.gov website:**

##### [Get Immediate Help](#)

People often don't get the mental health services they need because they don't know where to start.

Talk to your primary care doctor or another health professional about mental health problems. Ask them to connect you with the right mental health services.

If you do not have a health professional who is able to assist you, use these resources to find help for yourself, your friends, your family, or your students.

##### **Emergency Medical Services—911**

If the situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.

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National Suicide Prevention Lifeline, 1-800-273-TALK (8255) or [Live Online Chat](#)

If you or someone you know is suicidal or in emotional distress, contact the [National Suicide Prevention Lifeline](#). Trained crisis workers are available to talk **24 hours a day, 7 days a week**. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

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SAMHSA Treatment Referral Helpline, 1-877-SAMHSA7 (1-877-726-4727)

Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST.

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CAMINO REAL COMMUNITY SERVICES

**CRISIS HOTLINE: 1-800-543-5750**

**MAIN OFFICE: 210-357-0300**

**TOLL FREE: 1-800-491-5201**

Camino Real Community Services is a non-profit organization providing mental, behavioral and intellectual disability services to Atascosa, Dimmit, Frio, Karnes, La Salle, Maverick, McMullen, Wilson and Zavala counties. Camino Real is the designated Community Mental Health Authority and the Authority for Intellectual and Developmental Disabilities. As the authority, it has the responsibility for eligibility determination, coordinating care, and managing a network of providers of direct services.

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- <https://ok2talk.org/>

OK2TALK is a community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Anyone can add their voice by sharing stories, poems, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. We hope this is the first step towards helping you get the support you need to feel better.

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**National Suicide Prevention Lifeline: 1-800-273-8255** to speak to someone if you or a loved one is considering harming themselves or experiencing emotional distress.

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### Apps for Mental Health:

#### 9 Mental Health Apps That Can Help Kids & Teens With Anxiety & Depression

1. My3.
  2. Calm Harm - Manages Self Harm.
  3. HappiMe for Young People.
  4. Pacifica for Stress & Anxiety.
  5. Virtual Hope Box.
  6. Mental Health Awareness for Mind, Mood & Wellbeing.
  7. Apart of Me.
  8. My Gratitude Journal.
  9. Three Good Things.
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#### **Helpful websites and phone numbers for different types of assistance:**

**Atascosa inter-agency council - <https://www.atascosainteragencycouncil.org/aic.html>**

**Community Council of South Central Texas - <http://www.ccsct.org/>**

They may be able to offer assistance with:

- Utility Assistance
- Home & Rental Assistance
- WIC
- Weatherization
- Disaster Relief
- Job Training & Placement

**United Way assistance - <http://www.211.org/>**

Call, text, or chat with your local 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you. You'll find help with:

- supplemental food and nutrition programs

- shelter and housing options and utilities assistance
- emergency information and disaster relief
- employment and education opportunities
- services for veterans
- health care, vaccination and health epidemic information
- addiction prevention and rehabilitation programs
- reentry help for ex-offenders
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse

**211 is committed to being the first, most essential resource to anyone who needs help. We help thousands of people overcome barriers and address challenges every day.**