

**Grief Support - Rays of Hope Children's Grief Centre**

- Call: 432-684-5437

**PermiaCare Crisis Line**

- Call: 844-420-3964

**Agape Counseling**

- Call: 432-550-5683

**West Texas Centers for Mental Health Services:**

- To request Mental Health Services or to access Mental Health Crisis Services  
Call: 1-800-375-4357.
- To request Intellectual and Developmental Disabilities Services/Intake Line  
Call 1-888-831-6618
- To request Little Lives Early Childhood Intervention Services  
Call 1-800-852-2193.

**National Suicide Prevention Center**

- Call: 1-800-273-8255

**Crisis Text Line**

- Text: "CONNECT" to 741741

**Teen Line**

- Text: "TEEN" to 310-855-4673

**The Trevor Project**

- Text "TREVOR" to 202-304-1200

**Substance Abuse and Mental Health Services Administration Referral Helpline**

- 1-877-SAMHSA7 (1-877-726-4727)

**National Alliance on Mental Illness Resource List:**

<https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources?scrllybrkr>