



Mental Health Resources

Veteran Resources:

People cope with stressful situations in different ways. If you feel like you might be heading toward a crisis, VA or community-based services could help.

For further information, call 1-800-273-8255, then press 1. If you would like to visit the veteran crisis line to chat online or review other resources, [CLICK HERE](#).



Other Ways to Reach the Veterans Crisis Line

If you're experiencing a crisis or supporting someone who is, the Veterans Crisis Line can help.

Chat online

Text 838255

[TexVet Veteran Community Mental Health Resources](#) is a state clearing house for trusted information, resources, data, technical support, and research relevant to service members, veterans, their families, and those who serve them, [CLICK HERE](#) for more.

[Texas Veterans Portal](#) connects veterans, their families and caregivers to the benefits and services earned through their military service, [CLICK HERE](#) to reach out.

[Texas Veterans + Family Alliance Grant Program](#) helps local communities increase access to mental health treatment and services for veterans and their families, [CLICK HERE](#) to learn more.

Additional Mental Health Resources in Texas:

If you or someone you know are experiencing any of these conditions, you are not alone. Visit Mental Health, TX by [CLICKING HERE](#) to chat online and find resources specific to you and those around you.

SUICIDE	TRAUMA	ANXIETY	DEPRESSION
BIPOLAR DISORDER	PSYCHOSIS	SUBSTANCE USE	IDD