

1. Suicide Hotline , **24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)**
2. Texas 211 - 2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services (including Mental Health Service or mobile crises team), 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including Texas, simply dial the numbers 2-1-1 from any phone.
3. Transicare:
 - A. Mobile Crisis Outpatient Team_ provides face to face help to those who are at risk of harm to themselves and others.
 - B. Comprehensive Clinic and Community-Based Mental Health Services. .

<https://www.transicare.com/> 9304 Forest Ln, Ste 161N, Dallas, TX 75243;
admin@transicareinc.com 214.342.5800
4. National Alliance on Mental Illness-Texas - <https://www.nami.org/Home> - The National Alliance on Mental Illness is a nationwide advocacy group, representing families and people affected by mental health disorders in the United States. The national organization is organized into state and local affiliates, of which NAMI-Texas is one.
5. OPEN Path Collective - an affordable online counseling program <https://openpathcollective.org>
 - Marion Appiah Stevenson : (214) 671-4271
 - ADAPT Mobile Crisis : (866) 260-8000 / ICARE/ MHMR Tarrant County: (817) 335-3022 / 911 Right Care Team