

IN A MENTAL HEALTH EMERGENCY THESE RESOURCES ARE AVAILABLE 24/7

**Mental Health Suicide
and Crisis Lifeline:**

call or text 988

Houston Crisis Hotline:

(713) 970-7000

**National Domestic
Violence Hotline:**

**(800) 799-7233
(SAFE)**

**Crisis and Suicide
Prevention for LGBTQ Youth:**

**(866) 488-7386
or text 678678**

Harris Mental Health:

(713) 970-7000

**Teen Mental Health
(Parents and Teens):**

(800) 989-6884

In a Medical Emergency:

call 911

**To schedule an appointment with an Alexander JFS counselor
call (713) 986-7825 or email adulthoodcounseling@alexanderjfs.org**

Inquiries to Alexander JFS by phone or email will be answered within 2 business days.

www.alexanderjfs.org