

# UPDATED NUMBERS



## **Addiction Hotline** **866-210-1303**

**24/7 support & anonymous for any resident to receive assistance with addiction**

## **Texas Abuse Hotline (CPS)** **800-252-5400**

**24/7 support – Report abuse, neglect or exploitation of children, adults w/ disabilities, or people 65 or older**

## **National Domestic Violence Hotline** **800-799-7233**

**24/7 support**

## **Suicide & Crisis Lifeline** **Call or Text** **988**

**24/7 support w/ mental health struggles, emotional distress, alcohol or drug concerns or just need someone to talk to**

## **Texas Poison Control** **800-222-1222**

**24/7 support**

## **Texas Youth Helpline** **Call or Text** **800-989-6884**

**Confidential services for youth & families in crisis: conflict, financial, runaway, suicide**