

LCISD HOPE Line 832-223-4673 24/7 Crisis Line

Mental Health America Finding Help - <https://mhanational.org/finding-help>

National Crisis Text Line - <https://www.crisistextline.org/>

National Alliance On Mental Illness - <https://www.nami.org/Home>

Substance Abuse and Mental Health Services - <https://www.samhsa.gov/>

7 Cups Emotional Support - <https://www.7cups.com/>

Houston Galveston Institute (HGI) - <http://www.talkhgi.org/> Main line: 713-526-8390
Backup: 346-291-0969

Catholic Charities - <https://catholiccharities.org/coronavirus/>

Texana - <https://www.texanacenter.com/> Offering services over the phone

- Sugar Land Office: 281-276-4400
- Rosenberg Office: 281-342-6384

Individuals can also call the Crisis Helpline at 1-800-633-5686

211 Texas/United Way HELPLINE

Texas/United Way HELPLINE is available 24/7 to connect individuals with local community resources such as financial assistance for utilities or rent and food pantries, housing assistance, crisis counseling, utility payment assistance, and senior services. Texans can dial 211 or (877) 541-7905 and select option 6 to get information and referrals to COVID-19 social services, including testing, community clinics, unemployment benefits and more. Families can call 211 HELPLINE for an up-to-date listing or visit the website at www.211texas.org

Fort Bend County Women's Shelter - 281-342-4357

Veterans Crisis Hotline

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Call 1-800-273- 8255, text 838255, or visit [online](#). Support for the deaf or hard of hearing call 1-800-799-4889.

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488- 7386, text START to 678678, or visit [online](#).

There are two mental health app directories users can consult to find a mental health app, namely the [NHS Apps Library](#) and [PsyberGuide](#) in partnership with Anxiety and Depression Association of America. The NHS Apps Library lists apps that have been “approved” following assessment using a number of criteria including effectiveness, security and technical stability. PsyberGuide includes ratings based on “credibility, user experience and expert review,” and a [credibility score](#) that “represents the strength of the scientific research support for the app itself, and the therapeutic interventions the app provides.”

A few anxiety and stress apps with a credibility score of four out of five or higher include [This Way Up](#), [Brain HQ](#), [Headspace](#), [Woebot](#), [Good Days Ahead](#), [CogniFit](#), [Calm](#), [Mood Mission](#) and [Sanvello](#). [PTSD Coach](#) from the U.S. Department of Veterans Affairs also has [good](#) quality evidence to support its effectiveness.

According to Dr. John Torous, who leads the APA's workgroup on the evaluation of smartphone apps, the [top 7](#) evidence-based mental health apps are: [IntelliCare](#), [Breathe2Relax](#), [CBT-i Coach](#), [Stop, Breathe & Think](#), [DBSA Wellness Tracker](#), [Virtual Hope Box](#), and [Medisafe](#). Five well known teletherapy apps that offer connections to a licensed therapist are [AbleTo](#), [Betterhelp](#), [Online-Therapy](#), [Talkspace](#) and [7-Cups](#).

*Resources are either free or work on a sliding scale and do not turn down people based on ability to pay