Texas Mental Health List

Where to call, how to find low-cost care by county, and a script for the first call — so the hardest part is dialing, not deciding what to say.

Start here

- ☐ **988:** call or text, 24/7, free. For suicidal thoughts, a mental health crisis, or concern about someone else.
- ☐ **911:** if there is immediate danger, a weapon, or a medical emergency.
- ☐ **211:** Texas health and human services referral line — ask for mental health services in your county.
- ☐ **Your insurance card:** the behavioral health phone number is usually on the back.

Low-cost care by county

- ☐ **County mental health authority:** every Texas county is served by a Local Mental Health Authority (LMHA). Search '[county] LMHA' or call 211.
- ☐ **FQHCs:** federally qualified health centers charge on a sliding scale. Find one at findahealthcenter.hrsa.gov.
- ☐ **Open Path Collective:** low-cost therapy, roughly $30–80 a session, if you can pay out of pocket.
- ☐ **University training clinics:** sliding-scale sessions supervised by licensed faculty.
- ☐ **Telehealth:** many Texas LMHAs and FQHCs now offer video visits — ask when you call.

What to expect on the first call

- ☐ **They will ask:** your name, county, insurance, and whether you are in crisis right now.
- ☐ **You can say:** "I need to schedule a first appointment. I do not have insurance," or "I have insurance and want to know my copay."
- ☐ **Ask:** what the first visit costs, how long the wait is, and whether telehealth is available.
- ☐ **Ask:** what to do if things get worse before the appointment.
- ☐ **Write down:** the date, time, address, and a backup number before you hang up.

If someone you love is struggling

- ☐ Ask directly: "Are you thinking about hurting yourself?" Direct questions do not plant the idea.
- ☐ Stay with them if the answer is yes, and call or text 988 together.
- ☐ Remove or lock firearms and medications if there is immediate risk.
- ☐ Do not promise secrecy. Help is the priority.

> **In a crisis:** call or text 988. If there is immediate danger, call 911 and tell the dispatcher this is a mental health crisis.

General information for Texas readers, not medical advice. If this is an emergency, call 911. For mental health crisis support, call or text 988.