



BEHAVIORAL HEALTH IMMEDIATE RESOURCES

Hurricane season has put additional emotional stress upon us even as the COVID-19 response continues. We are here to help you. These resources provide trained and compassionate individuals to support you during this time. These individuals will provide information and help to link you to mental health and substance use services.

Office of Behavioral Health's Keep Calm Line

1-866-310-7977 | All calls confidential | Available 24/7

Office of Behavioral Health's Behavioral Health Recovery Outreach Line

1-833-333-1132 | All calls confidential | Available 24/7

For healthcare professionals and individuals in recovery

National Suicide Prevention Lifeline

1-800-273-8255 (veterans press 1)

En Español: 1-888-628-9454

Deaf / hard of hearing: 1-800-799-4889 for TTY

www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

CrisisText Line

Text REACHOUT to 741741 | All calls confidential | Available 24/7