



COVID19 Support

Everyone reacts differently to stressful situations. It is common to feel worry, fear, and anxiety. You are not alone. Resources are available to help support you through this challenging time.

COVID19 Resource Hotlines & Links

Gulf Coast Center COVID19 Support Line
Mon-Fri 8-5

1-800-643-0967

Statewide COVID19 Mental Health
Support Line
24/7

1-833-986-1919

Mental Health Crisis Hotline
24/7

1-866-729-3848

Texas Department of State Health Services

<https://dshs.texas.gov/coronavirus/>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

As your Local Mental Health Authority, Gulf Coast Center is here to connect you to resources and support.

For more information please visit our website:

gulfcoastcenter.org