

You are not alone.

Mental health is as important as physical health. How we feel, act, make choices, deal with stress and connect with others is all affected by our mental health.

Anxiety, sadness and stress are normal feelings. But when continuing signs and symptoms cause frequent stress and affect your ability to function, a mental health concern may have become a mental illness.

Five potential signs of mental illness:⁹

- Personality change
- Anxiety, anger or moodiness
- Social withdrawal or isolation
- Risky behavior or lack of self-care
- Hopelessness or feeling overwhelmed

Texas Health and Human Services programs support people with mental illness and substance use disorders including:

- Education
- Crisis helplines
- Counseling
- Support groups
- Financial help
- and many others

The Behavioral Health Ombudsman

We can help

If you are having trouble getting behavioral health services, including care for mental health conditions and substance use disorders, we can help.

An ombudsman can:

- Answer your questions.
- Tell you about your rights.
- Help you resolve a complaint about behavioral health services received at a State Hospital or a community mental health center.
- Help if you have concerns about access to behavioral health care through your health insurance plan.

Call 800-252-8154

Or write to:

HHS Office of the Ombudsman
P.O. Box 13247 • Austin, Texas 78711-3247

Online:

hhs.texas.gov/about-hhs/your-rights/hhs-office-ombudsman

Sources

¹ National Institute of Mental Health

² Save The Children (2014). 2014 National Report Card on Protecting Children in Disasters.

³ Mental Health America. (2017). 2017 State of Mental Health in America: Access to Care Data.

⁴ Centers for Disease Control and Prevention

⁵ Substance Abuse and Mental Health Services Administration

⁶ NADD (National Association for the Dually Diagnosed)

⁸ The Spectrum Institute

⁹ Texas Traumatic Brain Injury Advisory Council

¹⁰ American Psychological Association

Mental Health for all Texans



Dial 211 • option 8

Crisis Text Line: 741741

National Suicide Prevention

Lifeline: 800-273-8255

TTY: 800-799-4889

www.mentalhealthtx.org



TEXAS
Health and Human
Services

Information and resources

Mental health concerns can affect anyone — children, veterans, retirees, adults, students, teenagers, people who are homeless and people with disabilities — in any stage of life. These resources can help you find treatment and assistance for yourself or a loved one.

Children and Youth

- Half of all chronic mental illness begins by age 14.¹
- More than half of U.S. families have been affected by some type of disaster (54%).²

Find local help:

www.dshs.texas.gov/mhsa-crisishotline/

If you suspect abuse: 800-252-5400

Adults and Older Adults

- 56.5 percent of adults with a mental illness didn't receive mental health services.³
- Nearly half of all nursing facility residents have a diagnosis of depression.⁴

Find local help:

www.dshs.state.tx.us/mhsa-crisishotline/

www.hhs.texas.gov/ADRC

If you suspect abuse: 800-458-9858

Suicide Prevention

- Suicide is the second-leading cause of death for 10 to 24-year-olds.⁵
- Suicide is the 10th-leading cause of death in the US.⁵

Find local help:

www.dshs.texas.gov/mhsa-crisishotline/

Crisis Text Line: 741741

National Suicide Prevention Lifeline:
800-273-TALK (8255)

If you suspect abuse: 800-252-5400

Mothers and Pregnant Women

- One in nine mothers experiences depression after giving birth.⁴
- Postpartum depression often appears 1–3 weeks after childbirth but may begin during pregnancy or up to a year after birth.⁴

Find local help:

www.healthytexaswomen.org

People with Intellectual or Developmental Disabilities

- An estimated 30 to 35 percent of people with IDD also have mental illness.⁶
- People with IDD experience trauma at much higher rates than people without IDD.⁷

Find local help:

www.hhs.texas.gov/ADRC

If you suspect abuse: 800-458-9858

Substance Use Disorder

- People with a substance use disorder may demonstrate impaired control, risky behaviors, health problems, or failure to meet major responsibilities at work, school or home.²
- More than 8 percent of the general population were diagnosed with a substance use disorder in 2014.⁴

Find local help:

www.dshs.texas.gov/mhsa-sa-help/

or 211, option 8

Service Members, Veterans and their Families

- About 19 percent of returning service members have post-traumatic stress disorder, depression or a traumatic brain injury.⁹
- Nearly half of all service members who need help don't ask for it.⁴

Find confidential support:

www.veteranscrisisline.net or

www.militarycrisisline.net

The National Veterans Hotline:

800-273-8255 • option 1

The Texas Veterans App

Acquired Brain Injuries

- Brain injury is the leading cause of death and disability in people 43 and younger.⁵
- More than 146,000 Texans sustain a traumatic brain injury each year.⁶

Find local help:

www.hhs.texas.gov/brain-injury

or 512-706-7191

