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Contact Person for Press Release:

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For Immediate Release

North Texas Behavioral Health Authority

Re: COVID-19 Mental Health Support Line

Dallas, TX, March 20, 2020: As a result of the current state of emergency, the North Texas Behavioral Health Authority (NTBHA) has developed a dedicated COVID-19 mental health support line available to our system of care to provide trauma informed support and psychological first aid to those experiencing stress and anxiety during this time of crisis. This service will operate as an adjunct to our crisis services and allow for direct transfers between lines to address a need for a crisis level care.

It is normal to feel stress, anxiety, grief, and worry during times of public crisis. This dedicated line will provide relief to our traditional crisis line while providing the necessary support within our community as we work through this specific crisis. The NTBHA COVID-19 Mental Health Support line can be reached at, 833-251-7544. Individuals who contact the COVID-19 support line needing a higher level of care will be transferred directly to our traditional 24/7 NTBHA crisis line at, 866-260-8000.

This information will be shared across our social media pages and website. We are urging our stakeholders and providers to share through their various networks as well. **This line will be available 24/7 starting Monday, March 23, 2020 at 12pm CST.**

For Release: Friday, March 20, 2020



NTBHA COVID-19
Mental Health Support Line
833-251-7544

Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall Counties

North Texas Behavioral Health Authority (NTBHA) is providing a dedicated **24/7 COVID-19 Mental Health Support Line** for those experiencing stress and anxiety related to the current state of emergency.

It is normal to experience stress, anxiety, grief and worry during and after crisis. If you or someone you know is in need of support, please call. If during the call it is determined you are in need of a higher level of support we will help.

If you are experiencing a mental health crisis or needing assistance at a higher level of care, please contact the **NTBHA 24/7 Crisis Line at, 866-260-8000.**

If this is a life threatening emergency, please contact 911.

For more information on COVID-19 resources visit our website
www.ntbha.org/resources/othercommunityresources