Free Mental Health Resources

24/7 Crisis Text Line
Text “NAMI” to 741-741

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Some warning signs

- Feeling very sad or withdrawn for more than 2 weeks
- Out-of-control or high-risk behaviors
- Sudden overwhelming fear for no reason, racing heart
- Mood swings that cause problems in relationships
- Noticeable changes in behavior, personality or sleep
- Difficulty concentrating or staying still
- Intense worries or fears that disrupt daily functioning
- Any involvement in bullying (bully or victim)
- Struggling with sexuality or gender identity issues
- Preoccupation with food, weight, or exercise
- Excessive use of alcohol or drugs
- Self-harming behaviors (cutting, burning, self-mutilation)

www.NAMINorthTexas.org