

24/7 Mental Health Support Line for COVID-19

Call Toll Free 833-251-7544

The Harris Center has activated a Mental Health Call Line to support our community during COVID-19. The purpose of the line is to provide trauma-informed support and psychological first aid to those experiencing stress and anxiety related to the COVID-19 event.

It is natural to feel stress, anxiety, grief, and worry during and after infectious disease outbreaks. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help your long-term healing.

If you or someone you know shows signs of stress for several days or weeks, get help by accessing Harris County's COVID-19 Mental Health Support Line at 833-251-7544.

Another helpful resource is the CDC's webpage on [managing stress and anxiety](#), and this document from the Substance Abuse and Mental Health Services Administration: [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)