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Mental Health Resources & Hotlines

Texas



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Mental Health Resources & Hotlines: Texas

Texas A&M AgriLife Extension: AgriLife Extension has published a factsheet titled Farm Families and Mental Health, which provides information on warning signs, managing stress, and more. Find the factsheet [here](#).

Plains Cotton Cooperative Association: Farm Stress: The PCCA has created a resource page providing farmers and their families with information, tips, warning signs and more related to excessive farm stress. Find the resource page [here](#).

Suicide and Crisis Center of North Texas: For those in north Texas experiencing crisis or suicidal thoughts, the Suicide and Crisis Center of North Texas operates a 24/7 hotline which can be reached at 214-828-1000.

Mental Health Crisis Numbers by County: A list of crisis hotlines for each county in the state of Texas can be found [here](#).

Mobile Crisis Units: These units provide on-site response to mental health emergencies 24/7.

North Texas Crisis Line & Mobile Crisis Outreach Team: 866-260-8000

Collin County Lifepath Systems Mobile Crisis Outreach Team: 877-422-5939

Denton County Mobile Crisis Outreach Team: 800-762-0157