**New Support Line Addresses COVID-19 Related Mental Health Needs**

**LUBBOCK, TX** – Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic.

This new resource offers COVID-19-related mental health support for all Texans. People can call the **Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.**

“Through this new effort, we are connecting Texans with mental health professionals who can help provide support to those who are feeling overwhelmed and stressed,” said Sonja Gaines, Deputy Executive Commissioner for Intellectual and Developmental Disability and Behavioral Health Services. “It can be helpful to talk to someone when you are facing anxiety, depression and stress, which are not uncommon to experience in the face of a rapidly changing situation like a pandemic.”

Operated by the Harris Center for Mental Health and IDD, the support line offers trauma-informed support and psychological first aid to those experiencing stress and anxiety related to COVID-19. Counseling services are confidential and free of charge to people who call the hotline.

“It is important to recognize how our mental health can be affected by the pandemic,” said Sen. Jane Nelson. “The mental health support line for COVID-19 will go a long way to ensure Texans who are struggling with anxiety, depression or other mental health issues can access the care they need.”

Locally, Family Counseling Services is currently working to ensure that individuals and families have the emotional support they need during this trying time. Through the duration of the COVID-19 crisis, Family Counseling Services is conducting all current counseling sessions via online methods. To enroll in online counseling services, visit [fcslubbock.org/sign-up](http://www.fcslubbock.org/sign-up/).

**ABOUT FAMILY COUNSELING SERVICES**

Since 1954, Family Counseling Services has been serving the mental health needs of Lubbock and the surrounding areas. FCS provides individual, family, marriage, and group counseling services on a sliding fee-scale basis. Learn more about FCS at [fcslubbock.org](http://www.fcslubbock.org/)

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