



Mental Health Resources for those affected by the Texas Floods

(as of July 7, 2025 at 11 a.m. CDT)

[Ways to Support Yourself After a Natural Disaster](#) NAMI HelpLine Article

[SAMHSA National Disaster Distress Helpline](#)

A 24/7, free, confidential national helpline that connects you to immediate crisis counseling if you are experiencing emotional distress related to a disaster. This includes survivors of the disaster, loved ones of victims, first responders, rescue and recovery workers, faith leaders, local leaders, and parents and caregivers. Call for yourself or for someone else.

- Contact the helpline by phone:
 - English: Call or text "talk" to 1-800-985-5990 and press "1"
 - Español: Llama o envía un mensaje de texto 1-800-985-5990 presiona "2"
 - Deaf and Hard of Hearing ASL: [Connect directly with an agent](#) in American Sign Language or call 1-800-985-5990 from your videophone
 - Disaster Distress webpage in other languages:

▪ Arabic العربية	▪ Japanese 日本語
▪ Chinese 繁體中文	▪ Korean 한국어
▪ Creole Kreyòl Ayisyen	▪ Polish Polski
▪ Farsi فارسی	▪ Portuguese Português
▪ French Français	▪ Tagalog a major language spoken in the Philippines
▪ German Deutsch	▪ Russian Русский
▪ Vietnamese Tiếng Việt	
▪ Italian Italiano	



Federal Flooding Resources

[Floods Ready.gov webpage](#)

- [Inundaciones](#) en español

[Floods and Safety CDC webpage](#)

- [Las inundaciones y su seguridad](#)

[SAMHSA flood resources](#) include: who is at risk for emotional distress during and after flooding, and signs and symptoms of emotional distress in people affected by flooding.

988 Suicide & Crisis Lifeline

Available 24 hours a day, 7 days a week for free, confidential help if you or somebody you know is experiencing a mental health, substance use, or suicide crisis. Call or text 988, or chat at [988lifeline.org](#) to be connected to a trained crisis counselor. Deaf and Hard of Hearing call 711, then 988 or [click here for ASLNow](#). Veterans call 988, then press 1 or text any word to 838255.

[988 Lifeline ofrece servicios gratuitos en español](#) las 24 horas del día, los 7 días de la semana. For other language support, you must call 988 and ask for help in the language you speak. They will get you a Tele-Interpreter.

NAMI HelpLine

Available Monday Through Friday, 10 A.M. – 10 P.M. ET. A free, confidential nationwide service that provides the one-on-one emotional support, help, and information needed to tackle tough challenges that you, your family or friends are facing. Or, you can look through our [online resources](#) to find your answers. Call [1-800-950-NAMI \(6264\)](#), text *HelpLine* to [62640](#), or email us at helpline@nami.org.

Local NAMI Info

NAMI Texas

- Phone: 512-693-2000
- NAMI Texas Resource Line available Monday-Friday 9am-5pm CDT at 512-693-2000
- [NAMI Texas State Resources](#)
- [Family Support Group \(online\)](#) Wednesdays 6:30-8:00pm CDT
- [Connection Recovery Support Group \(online\)](#) Wednesdays 6:30-8:00pm CDT

NAMI Kerrville

- Serves Kerr County
- Phone: 830-377-9940
- Email: nami_kerrville@yahoo.com

NAMI Central Texas

- Serves Bastrop, Burnet, Hays, Travis, and Williamson Counties
- Phone: 512-420-9810
- Email: info@namicentraltexas.org
- [NAMI Central Texas Community Resources](#)
- Family Support Groups (6:30-8:00pm CDT)
 - [Central Austin Family Support Group \(in-person\)](#) Monday 7/7
 - [Cedar Park Family Support Group \(in-person\)](#) Wednesday 7/9
 - [Georgetown Family Support Group \(in-person\)](#) Thursday 7/17
 - [Virtual Family Support Group](#) Thursday 7/24
- Connection Recovery Support Groups
 - [Central Austin Connection Recovery Support Group \(in-person\)](#) Monday 7/7 6:30-8:00pm CDT
 - [Virtual Connection Recovery Support Group](#) Wednesday 7/16 7:00-8:30pm
 - [Central Austin Connection Recovery Support Group \(in-person\)](#) Wednesday 7/23 6:30-8:00pm CDT

NAMI San Angelo Texas

- Serves Tom Green, Concho, Schleicher, Irion, Sterling, and Coke Counties
- Phone: 325-374-8940
- Email: info@namisanangelotx.org
- [NAMI San Angelo Local Resources](#)

County Resources

[Mental Health Crisis Services](#) by County are available 24/7

- [Servicios de crisis de salud mental](#) por condado están disponibles las 24 horas del día, los 7 días de la semana

Kerr County

[Hill Country Mental Health and Developmental Disabilities Centers](#)

- Phone: 830-792-3300
- 24/7 Crisis Hotline: 1-877-466-0660
 - A compassionate and professionally trained team is available around the clock to offer emotional support, counseling, information on next steps, and connections to additional community resources to those affected by the devastating floods in Kerr County, TX.
 - Spanish-speakers can request to speak with a Spanish-speaking counselor
- Reunification Centers for those seeking loved ones or in need of shelter and support ([Hill County MHDD Statement on 7/4/25](#)):
 - Ingram Elementary School in West Kerr (125 Brave Run W, Ingram, TX 78025)
 - Arcadia Live in Kerrville (717 Water St, Kerrville, TX 78028).
- [Kerr County Mental Health Center](#)
 - Address: 955 Water St., Kerrville, TX 78028
 - Phone: 830-257-6553

Tom Green County

[MMHR Services for the Concho Valley](#)

- Phone: 800-375-8965
- 24/7 Crisis Hotline: 1-800-375-8965
 - Mental health professionals provide assessment, support services, and assistance connecting with a professional to address your needs.

Travis County

[Austin Travis County Integral Care](#)

- Phone and 24/7 crisis line: 512-472-4357
 - Offers 24/7 crisis support, community referrals, and emotional support in disasters
 - Press “1” for English, “2” for Spanish, then press “1” for mental health crisis support

Williamson County

Bluebonnet Trails Community Services

- Phone: 844-309-6385
- 24/7 Crisis Hotline 800-841-1255
- Flood evacuation centers in Williamson County
 - Georgetown Rec Center – 1003 N Austin Ave, Georgetown
 - First United Methodist Church – 410 E University, Georgetown
 - Cross Tracks Church – 101 Church St, Liberty Hill

Texas -Wide Resources

211 Texas reach out for resources such as food, health, housing, transportation

- **211 Texas** busca recursos como comida, salud, vivienda, y transportación.

Texas Disaster Behavioral Health Services (DBHS)

Contact your local emergency management department or contact DBHS at 512-206-5555 or [email DBHS](#) to learn about the local disaster mental health response plan.

Disability Rights Texas Resources

Free help for people with disabilities including mental illness. Statewide Intake: 1-800-252-9108, Sign Language Video Phone: 1-866-362-2851, Purple 2 Video Phone: 512-271-9391, Online Intake available 24/7: intake.DRTx.org

Ayuda gratuita para personas con discapacidad, incluidas enfermedades mentales. Admisión estatal: 1-800-252-9108, Llamada de video para lenguaje de signos: 1-866-362-2851, Llamada de video Púrpura 2: 512-271-9391, Admisión en línea disponible las 24 horas del día, los 7 días de la semana: intake.DRTx.org

- Maintaining Healthcare When Disaster Strikes
 - Mantener la asistencia sanitaria en caso de catástrofe
- Medications and Disasters
 - Medicamentos y desastres
- Housing Rights and Information for People with Disabilities
 - Información sobre el derecho a la vivienda para personas con discapacidad afectadas por desastres naturales
- Food and Water during a Disaster
 - Alimentos y agua durante una catástrofe
- Weather & Emergency Alerts for Texans with Disabilities
 - Alertas meteorológicas y de emergencia para personas con discapacidad en Texas
- Accessibility and Safety During and After a Disaster or Emergency
 - Accesibilidad y seguridad durante y después de un desastre o emergencia

For Mental Health Providers Who Want to Help

Safe Haven Counseling is [collecting a list of mental health providers](#) who currently have openings and specialize in working with children and families. This resource will be shared with community members affected by the July 2025 flooding in Kerr County, with the goal of connecting them to compassionate, qualified care as quickly as possible.

Emergency Kit Suggestions

- Personal information stored in a gallon plastic bag or other waterproof bag including:
 - Photo ID
 - Health insurance card
 - Emergency contacts
 - Primary care provider's contact information
 - Psychiatrist and therapist's contact information
 - List of medications and dosage and a 30-day supply of medications
- Comfort object
- Vital medical equipment if you are electrically or oxygen dependent
- Backup energy sources for essential medical equipment (such as batteries)
- Special dietary needs or food
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General Disaster Resources

- [Family Emergency Communication Plan](#) by Ready.gov
 - [Plan de comunicación familiar en emergencias](#)
- [Coping with Disaster](#) by Ready.gov
 - [Sobrellevar una situación de desastre](#) en español
- [Helping Kids Cope with Disaster](#) by Ready.gov
 - [Ayuda a los niños](#) en español
- [Recommended emergency kit supplies](#) by Ready.gov
 - [Prepare un kit de suministros](#) en español

[NAMI HelpLine Resource Directory in English](#)

[Directorio de recursos de la línea de ayuda de NAMI en español](#)

Trauma Resources

- [Caring for Your Mental Health](#) by the National Institute of Mental Health gives an overview of self-care, tips to get started, information about when to seek professional help and videos on managing stress and anxiety. [El cuidado de su salud mental en español.](#)
- [EMDR International Association \(EMDRIA\)](#) offers a “Find an EMDR Therapist” locator on its website. EMDR therapy is psychotherapy for the treatment of trauma.
- [Emotional Wellness Toolkit](#) by the National Institutes of Health includes fact sheets on managing emotions, stress reduction, sleep, mindfulness and coping with loss. [Estos son algunos consejos para mejorar su salud emocional en español.](#)
- [How to Cope with Traumatic Events](#) by the JED Foundation includes tips for adolescents and young adults on coping and recognizing when trauma requires professional help.
- [International Society for the Study of Trauma and Dissociation](#) offers a treatment locator for finding therapists and treatment facilities that specialize in treatment of trauma and dissociation, and FAQs about dissociation.
- [Resources for Survivors and the Public Following Disaster](#) by the U.S. Department of Veterans Affairs National Center for PTSD includes information sheets about common reactions, short- and long-term coping strategies, tips on self-care after disasters, tools to help with symptoms following trauma and links to crisis services.
- [TF-CBT National Therapist Certification Program](#) offers a “Find a therapist” locator on its website to find a clinician in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) treatment for people impacted by trauma.
- [Tips for Survivors of a Disaster or Other Traumatic Event](#) from SAMHSA
- [Trauma and Grief webpage](#) from Child Mind Institute offers information about signs, symptoms, and treatment for common mental health issues, including trauma, that affect children and teens. [Trauma y duelo en español.](#)